# ULTIMATE HERBAL GUIDE

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**How to make the herbs?**

Mix 1/2 teaspoon of each herb listed in a tea cup. Add warm water (not boiling water) and mix it.

Take the Formula 2 times a day on an empty stomach at least 20 minutes before meals.

The powder can be mixed in juice, water, or unsweetened applesauce, or may be placed under the tongue and washed down with water.

I recommend to drink the herbs only with water.

**Super Cocktail Formula - Virus/Bacteria**

For virus and/or bacteria. Best formula when you get sick (flu or cold)

Formula:
-Thyme - Lung antibiotic
-Horseradish - Antiseptic for the lung and antibiotic
-Chaparral and/or Pau d'Arco - Antiviral and antibiotic
-Ginger - Anti-inflammatory and helps in healing fibrous tissues
-Chinese Licorice - Anti-inflammatory

Plus tip 1: Add Fenugreek to the Super Cocktail Formula if you have too much mucus since it have the ability to thin the mucus.

Plus tip 2: You can take Amla powder 20 min later after you have taken the Super Cocktail Formula to increase the Vitamin C in your body.

Note 1: Chaparral works better and is a stronger herb for me than Pau d'Arco, so if you can only take one of the two, take Chaparral.

Note 2: The Chinese variety of Licorice is calming, as where the American variety is slightly stimulating. So if you can, get the Chinese Licorice, it is a better choice.

-How to take the Super Cocktail Formula?
Mix 1/2 teaspoon of each herb listed (thyme, horseradish, chaparral, ginger, chinese licorice) in a tea cup. Add warm water (not boiling water) and mix it. Take the Super Cocktail Formula 2 times a day (or 3 if you are really bad) on an empty stomach until you get better. Normally you will take it for 5 to 7 days to get better.

**Flu & Cold**

Start of cold: Take just a big teaspoon of powdered ginger with water

After 4 hours take the Super Cocktail Formula and keep taking the Super Cocktail Formula two times a day (or 3 if you are really bad) until you get better.

**Sore throat**

-Cup with hot water + teaspoon of Licorice root + 2 Slippery Elm capsules (anti-inflammatory) without gelatin capsule. On the first day of sore throat, take this before going to bed.

-Pau d'Arco tea: take 1 liter throughout the day.
How to prepare: 1 shallow tablespoon of Pau d'Arco to 1L of water, put the Pau d'Arco in cold water, boil it and turn to low heat after it boils, do it for 15 min or 20 min with a lid on the pan.

-Plus tip: Take Elderberry Zinc pastille to heal your sore throat and avoid throat pain

**Pulmonary infection**

-Chaparral + Thyme + Horseradish
-Put 8 drops of pure eucalyptus essential oil in a capsule and take the capsule

**Rhinitis**

Silica, vitamin C sources and Gotu kola can all help with the chronic bronchitis. The rhinitis and post nasal drip are likely associated with the allergies. You can get rid of allergies by building up the adrenal glands

**Low stomach acid**

Primary symptoms of low stomach acid are acid reflux and gaseous bloating, especially after eating.

Best way to increase stomach acid are 50mg zinc daily with meals. B vitamins from food or supplement. Trimethylglycine (TMG) 3 times daily with meals.

If you are low in stomach acid you will have trouble absorbing the nutrients needed for stomach acid formation. So you may want to take raw apple cider vinegar with your meals for a while to aid in the absorption of these nutrients until your stomach can produce enough of its own acid.

Otherwise I would go with a sublingual B6, B12 and folate supplement, which does not require stomach acid for absorption. These are absorbed directly in to the bloodstream from under the tongue.

**Joint**
Gotu kola + Silica (Diatomaceous Earth) + Vitamin C (acerola powder + nettle leaf)

**Horseradish**
Antiseptic for the lung, urinary tract, antibiotic. Replaces Ceftriaxone

**Licorice**
Anti-inflammatory. If you have the option, pick the chinese variety of licorice. Replaces Prednisone

**Ginger**
Anti-inflammatory and helps in healing fibrous tissues

**Comfrey**
Best herb for healing wounds. Used on the skin to treat wounds and reduce inflammation from sprains and broken bones. Mix Comfrey with some water to make a paste and apply to the wound.

Another tip is to drink some Calendula or mix Calendula with the Comfrey paste to avoid infections if you get a deep wound.

**Chanca Piedra**
Dissolves kidney stone, kidney stone and gallbladder

**Granulated soy lecithin**

Emulsifier that dissolves gallbladder stone and regulates fat levels in the body

**Insect, spider, snake bite**

You can apply licorice root tea topically for a steroidal anti-inflammatory. Internally, this is one of the few times I would recommend ginger. Take this on an empty stomach as long before meals as possible. The enzymes in ginger can help break down proteins in venom. Either Myrrh gum or Echinacea tinctures can be used to prevent any tissue destruction or spread of a venom if present.

**Fibrosis**

I recommend fibrinolytics such as Dan shen (red sage root) and ginger

**Lymphatic cleansing herbs**

The best ones are Red root (New Jersey tea) and Chickweed. Mullein leaf and Ocotillo bark are also good options.

**Blood purifiers**

The best herbal blood purifiers in order of best to last are chaparral, hydrangea root and red clover blossom.

**Sleep better**

Valerian + Kava-kava + Passion flower + Chamomile (is an herb rich in the amino acid tryptophan and tryptophan is a precursor of serotonin)

**Blood Thinning Herbs**

Ginger and wintergreen are stronger.

**Astringent herb for fever**

Yarrow

**Anti-inflammatories**

The strongest are licorice root, yucca root and Devil's claw, which are all steroidal anti-inflammatories. Turmeric, ginger, amla and nettle leaf are slightly weaker anti-inflammatories. If using turmeric or ginger though it is important to take something to maintain the stomach acid since these herbs are antacids. Wintergreen or sweet birch essential oils are good topically applied anti-inflammatories.

**Weight loss and fat loss**

There is an herb called **coleus forskohlii** that helps to stimulate the burning of body fat. Some people recommend taking it with yerba mate to help prolong the fat burning effects, but I would not recommend it due to high concentration of caffeine in yerba mate (caffeine can damage your adrenal glands). **Seaweeds** are rich in B vitamins for energy, can promote weight loss, and support the thyroid and adrenals for energy. **Nettle leaf** is also rich in vitamins and supports the thyroid and adrenals.

**Testosterone Booster**

Some herbs that can help are: tongkat ali (eurycoma longifolia), nettle root, maca, fenugreek, TMG,chlorella, pine pollen, ashwagandha.

**Asthma**

Take take the Adrenal Tonic formula listed here, since the main cause of asthma is adrenal fatigue. Best herbs for this condition are the adaptogenic herbs. The main ones are siberian ginseng, schisandra berries, chinese licorice root, astragalus.

**Flora Garden Formula**

(Intestinal flora building formula)

Antibiotic use is on the rise, and along with it is a rise of complications stemming from their use. Antibiotics are designed to kill bacteria, though not all bacteria are bad. The intestines contain several hundred species, comprised of thousands of strains, of beneficial bacteria, which are also destroyed by antibiotic use.

Potentially harmful bacteria and fungus also inhabit the intestines. These pathogens are normally kept in balance by beneficial intestinal bacteria known as flora. When flora are destroyed by antibiotics harmful microbes, such as Candida albicans and pathogenic bacteria can overgrow in the intestines. Candida overgrowth has numerous symptoms, which can mimic over 95 different diseases. In severe cases the symptoms can become permanently disabling, or even fatal.

The flora serve many other important functions as well. The flora produce vitamins, such as B vitamins and vitamin K, and aid with mineral absorption. Flora help to control pathogens though the generation of acids, competing with them for space and food, and through the production of anti-bacterial bacteriocides. They also produce antiseptic and immune stimulating hydrogen peroxide and stimulate the production of immune supporting cytokines. Peroxides and cytokines stimulate immune responses, destroy pathogens, and provide protection from cancer in the body. Hormone metabolites are further broken down by the flora providing further protection from cancer and aiding with hormonal disorders. The vast majority of the body’s serotonin, which serves a number of purposes, is also produced by the intestinal flora.

Various products are available on the market that claim to replenish or rebuild the levels or friendly flora in the colon. There is much doubt as to the effectiveness of many of these products. Products containing “live” bacteria, known as probiotics, are generally of little or no use. These bacteria live and thrive in an alkaline environment. When ingested though

they must first pass through an acidic stomach containing digestive enzymes to reach the intestines, which can destroy many of the bacteria. Enterically coated products help somewhat, but are still not the answer since the bacteria are affected by other factors such as time and heat. Live bacteria products that have been shipped in non-refrigerated trucks, and which have sat unrefrigerated on store shelves for extended amounts of time, are of little or no value. It is also important to keep in mind that these supplements only replace a few of the over 200 species of beneficial bacteria that inhabit the intestines.

Fiber is a major source of food for the flora. Fibers are composed of long chain sugar molecules. The flora break the chemical bonds of the fibers creating simpler sugars which provide for their energy and growth.

Fructooligosaccharides (FOS) are becoming a popular substitute for fibers as a means of building intestinal flora. FOS is a long chain sugar molecule, though it is not quite as long as the cellulose fibers commonly used as fiber sources. Most FOS products on the market are produced from plain table sugar. The sugar molecules are linked together into longer chains, forming FOS. FOS is also present in high amounts in plants, such as elecampane and chicory root.

Flora Garden differs from other products in several ways. First, Flora Garden does not contain live bacteria. Instead, Flora Garden provides fibers as food sources for all strains of our flora to stimulate their growth. This makes Flora Garden a prebiotic formula rather than a probiotic formula, which increases stability and effectiveness.

Flora Garden also incorporates moisture retaining herbs that provide a more friendly environment for the flora to thrive in. Vitamins and minerals in Flora Garden provide additional health benefits.

Ingredients:

Apple Fiber- Non-irritating fiber source to feed the beneficial bacteria that inhabit the

intestines.

Chickweed- Provides fiber to feed the flora, and saponins that retains moisture for an improved growth environment for the flora. Rich in vitamin C and lecithin. Stimulates healing in the colon, reduces intestinal inflammation, and is mildly laxative.

Oatgrass- Fiber source. Rich in B vitamins and silica.

Beet root- Stimulates growth of intestinal flora. Excellent nutrient source.

FOS (fructooligosaccharides)— Natural, non-irritating fiber source. Food source for intestinal bacteria.

Licorice root- Provides saponins for moisture retention in the colon. Reduces inflammation in the intestines due to its steroidal properties and by improving adrenal gland function. Licorice root is mildly laxative, and its content of saponins increases nutrient absorption and decreases fermentation in the digestive system.

Yucca root- Excellent source of fiber. Yucca root is a strong antiseptic, and cleanses the intestines due to its high level of natural soap molecules, known as saponins. Yucca root is a powerful anti-inflammatory due to its steroidal properties, anti-inflammatory yuccaols and resveratrol compounds, and its beneficial effects on the adrenal glands. Saponins in yucca root increase nutrient absorption and decreases fermentation in the digestive system.

Kelp- Contains algin which holds moisture in the colon. Excellent source of nutrients.

Recommended use is 1/2 teaspoon of the powder 3 times daily on an empty stomach at least 20 minutes before meals. The powder can be mixed in juice, water, or unsweetened applesauce, or may be placed under the tongue and washed down with water.

**Adrenal Tonic**

The adrenals are small glands located on the top of the kidneys. Some jobs performed by the adrenal glands include production of steroids, dopamine, epinephrine (adrenaline), norepinephrine (noradrenaline), progesterone, estrogens, and testosterone. The adrenal glands also have effects on energy levels, blood pressure regulation, water balance, stress responses, blood sugar regulation, and the immune system.

Symptoms of adrenal function include allergies/asthma, autoimmune diseases, poor immune function, chronic fatigue, libido problems, sex hormone disorders, inability to deal with stressful situations, chronic inflammation, water retention, sweet or salty cravings, sleepiness after consuming stimulants like caffeine, chronic low blood pressure or postural hypotension (Lowering of blood pressure upon moving from a lying to a sitting or standing position resulting in a temporary “dizzy spell”), and suppressed thyroid function leading to hypothyroid symptoms.

Stress is a prime enemy of the adrenal glands. When we are under stress, our adrenals produce hormones to combat the stress. Though if the adrenals are overworked in this manner, the adrenals can become exhausted. This may help explain why asthma attacks often accompany stressful periods. The adrenals would normally produce antihistamine and anti-leukotriene epinephrine and anti-inflammatory and immune modulating steroids to prevent the asthma, but in a weakened state it cannot perform this function.

The use of pharmaceutical steroids will also inhibit adrenal function. Examples here are asthma inhalers, which often contain steroids. These steroids are a substitute for adrenal steroids.

Though the levels entering the blood can be thousands of times higher than what the adrenals would produce naturally. The perceived abnormally high levels of steroids leads atrophy (shrinking) of the adrenals, and a decreased steroid production by the adrenals. The final result is an increased reliance on the external source of steroids because the adrenals have atrophied, and cannot produce sufficient levels of steroids on their own

anymore. This is commonly seen as an inhaler dependence where the person using the inhaler also requires use of the inhaler more frequently.

Stimulants also weaken the adrenals. Common stimulants that damage the adrenals include sources of caffeine and it's relatives (coffee, tea, chocolate, guarana, kola nut, "keep awake" pills and aspirin compounds), ephedrine and pseudoephedrine (cold and flu medications, antihistamines, "keep awake" pills and ephedra), nicotine (tobacco, nicotine gums and patches), and amphetamines (weight loss products, pharmaceutical and illegal drugs, "keep awake" pills and ephedra; also known as ma huang).

Herbalists have long used herbs, known as adaptogenics, to nourish and support the adrenals. The word is believed to be derived from their ability to help you adapt to stress. Adrenal Tonic is designed with adaptogenic herbs, as well as nutrient herbs to support the adrenal glands.

Ingredients: SIBERIAN GINSENG (adaptogenic), SCHISANDRA BERRIES (adaptogenic), LICORICE ROOT (adaptogenic), ASTRAGALUS (adaptogenic), AMLA (provides vitamin C for proper adrenal function), BEE POLLEN (provides pantothenic acid for proper adrenal function), KELP (provides nutrients for proper adrenal function)

Recommended use is 1/2 teaspoon of the powder 3 times daily on an empty stomach at least 20 minutes before meals. The powder can be mixed in juice, water, or unsweetened applesauce, or may be placed under the tongue and washed down with water.

**Bone and Joint Formula**

Arthritis is a term literally meaning “inflammation of the joint”. There are over 120 forms of arthritis. Many of these forms are triggered by infections in the joints. For example Lyme disease, a form of arthritis, is created by a bacteria carried by ticks. Rheumatoid arthritis, an autoimmune disorder, is triggered by a form of Chlamydia bacteria. When cartilage between bone ends deteriorate the ends of the bone rub together leading to pain and inflammation. This form of arthritis is known as osteoarthritis. Gouty arthritis, commonly called gout, occurs when uric acid crystals accumulate in the joints. The crystals are sharp and easily irritate the tissues. Uric acid is produced during the breakdown of proteins, and is found in meats. Beer is high in purines, which raise uric acid levels, and all alcohols inhibit the excretion of uric acid.

Rheumatoid arthritis is an autoimmune disorder. Autoimmune disorders occur when the adrenal glands become weakened through stimulants, stress, steroid based drugs, etc. This in turn results in immune depression and an overproduction of non-specific antibodies, known as low affinity antibodies or autoantibodies. Unlike the normal high affinity antibodies, low affinity antibodies cannot differentiate between dangerous foreign substances, pathogens, diseased tissues, and healthy tissue. Because autoantibodies are non-specific they can inadvertently attach to healthy tissue targeting it for destruction by white blood cells. Viral and bacterial infections have been associated with triggering many autoimmune disorders.

Bone is a complex mixture of substances including a protein, called collagen, phosphorus, calcium, magnesium, strontium, boron, and vitamin K. Collagen is composed primarily of silica, sulfur, vitamin C, and the amino acids proline and lysine. Collagen gives flexibility to bones to help reduce fracturing under force, and provides the majority of bone’s strength. As the collagen is mineralized, the bones become stiffer, and stronger allowing more force to be applied to them.

Cartilage is made up primarily of collagen, sugar proteins, sulfur, and manganese. Because of the lack of minerals in cartilage, it is more flexible than bone. The flexibility of cartilage makes it an excellent secondary shock absorber for the bones.

Drinking plenty of water is very important when treating arthritis to prevent dehydration of the joints, and to assist in the removal of toxins, such as uric acid. Spring water is recommended since distilled and reverse osmosis waters leach vitamins and minerals from the body. If distilled or reverse osmosis water is going to be used, add some minerals back to the water first so the water is saturated with minerals to prevent leaching of vitamins and minerals from the body.
Diuretics, such as caffeine, promote dehydration and should be avoided.

Maintaining healthy intestinal flora can also benefit your bones. Among their various jobs the intestinal flora produce vitamin K which is important for bone strength and formation.

Proteins block absorption of some minerals, such as calcium. Phosphates, found in beef and cola-type soft drinks, displace calcium from the body. Carbonic acid; from carbonated drinks, sugars, salt, and caffeine all demineralize bone tissue as well.

Cow's milk should be avoided. Contrary to popular belief, milk does not build bones, in fact it can break down bones several ways. The high protein content of milk blocks the absorption of calcium from milk. Phosphorus and sugar found in milk further demineralize bone. Sugars in milk lead to acid formation further demineralizing bone.

Antacids and acid blockers should be avoided as well if you want healthy bones. Calcium must react with an acid before it can be absorbed properly. Acid levels in the stomach naturally decline with age, which decreases the body's ability to absorb calcium. Antacids block the absorption of calcium by further reducing stomach acidity. Antacids and acid blockers also aggravate or create certain forms of arthritis by allowing undigested proteins to enter the bloodstream where they trigger inflammatory immune reactions.

The use of painkillers should be limited to facilitate healing. Non steroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen (Advil, Motrin, etc.), kill an estimated 20,000 people each year, primarily from chemically induced hepatitis, kidney failure, heart attacks, and strokes. NSAIDs work by inhibiting hormones known as

prostaglandins which increase blood flow to injury sites to speed healing. This increased blood flow though also creates inflammation and pain through leakage by dilated blood vessels. NSAIDs reduce inflammation by inhibiting prostaglandins, but they also reduce oxygen and nutrient levels to the tissues that need them the most. This makes it much harder for the body to heal. Even though NSAIDs are effective in reducing inflammation, steroidal drugs can damage the thymus and adrenal glands. This leads to immune dysfunction and can make a treatable condition, such as rheumatoid arthritis, a chronic condition.

Ingredients:

Bone meal- Provides protein and all essential vitamin and minerals for proper bone growth.

Calcium malate- An acidified form of calcium for improved absorption. Malic acid aids in the formation of ATP (adenosine triphosphate), which is the fuel for proper cellular metabolism.

Gelatin- Dried and ground bone protein for building bone and cartilage.

Silica- Strengthens bones, cartilage, and other connective tissues through the formation of collagen and elastin. Enhances the absorption of calcium.

Magnesium Malate- Provides magnesium, essential for bone strength and ATP formation. Malic acid aids in the formation of ATP (adenosine triphosphate), which is the fuel for proper cellular metabolism.

Nettle leaf- Rich source of minerals, especially calcium and silica. Also an excellent source of vitamin C to improve calcium absorption, improve immune function, prevent free radical damage, and build collagen. The vitamin K in nettle strengthens bones. Nettle is
anti-inflammatory and supports proper adrenal function. Nettle removes uric acid and supports the growth of beneficial intestinal flora.

Oatgrass- Provides silica and vitamin C for collagen and elastin formation. Provides B

vitamins, and vitamin C to support proper immune function. Also provides calcium magnesium, and manganese. As a phytoestrogen source oatgrass helps to prevent bone loss. Supports the growth of beneficial intestinal flora.

Turmeric- Powerful antioxidant and anti-inflammatory.

Alfalfa- Vitamins supplied by this plant include C,D, and K for strong bones. Vitamin C, and B vitamins support proper immune function. Alfalfa is also an excellent source of calcium, magnesium, manganese, boron, sulfur, silica, strontium, zinc, as well as other minerals and trace minerals which are required for the growth and strength of bones and cartilage. Alfalfa reduces the level of acids in the blood, and supports the growth of beneficial intestinal flora. Richest herbal source of phytoestrogens to prevent bone loss.

Kelp- Contains the same vitamins and minerals found in alfalfa. Supports the growth of beneficial intestinal flora. Source of phytoestrogens to prevent bone loss.

Amla- Richest herbal source of vitamin C. Source of several antioxidants. Stimulates production of the antioxidant, anti-inflammatory, and immune stimulating enzyme superoxide dismutase (S.O.D).

Chaparral- Kills viruses, bacteria, fungi, and parasites. Reduces pain, supports immune function by strengthening the adrenals, and helps build tissues. Chaparral is the strongest antioxidant known, being several hundred times more powerful than pycnogenols. And unlike pycnogenols (Procyanidins), chaparral works in both the water and lipid portions of cells.

Black walnut hulls- Provides manganese for cartilage formation and health. Strong antiseptic due to high iodine content.

Vitex (chaste tree berry)- Stimulates the pituitary to raise progesterone levels.

Progesterone stimulates bone growth. This hormone also converts to estrogen which prevents bone loss.

Wild yam- Provides building blocks for progesterone. Anti-inflammatory.

Licorice root- Powerful anti-inflammatory, strengthens adrenal glands, antiviral, antibacterial. Supports the growth of beneficial intestinal flora. Source of phytoestrogens to prevent bone loss.

Dipsacus Root- Promotes circulation. Strengthens bones and tendons.

Vitamin C crystals- Helps build collagen and supports adrenal function. Improves mineral absorption. Antioxidant.

Boneset- Stimulates bone growth.

Yucca- Powerful anti-inflammatory, assists in absorption of nutrients, and kills pathogens. Supports the growth of beneficial intestinal flora.

Stevia- Antibiotic, reduces sugars in the system which displace calcium.

Sulfur- Important component of bone and cartilage, detoxifying, antioxidant.

Boron- Stimulates the parathyroid gland which plays a role in the mineralization of bones. Prevents bone loss in post-menopausal women not taking estrogen replacement therapy.

Recommended use is 1/2 teaspoon of the powder 3 times daily on an empty stomach at least 20 minutes before meals. The powder can be mixed in juice, water, or unsweetened applesauce, or may be placed under the tongue and washed down with water.

**Vegetarian Bone & Joint**

Ingredients:

Barley Grass- Supplies vitamins, minerals and trace minerals needed for the formation of bones, tendons, ligaments and cartilage. Detoxifies the body and provides anti-inflammatory and antioxidant activity. Helps reduce blood sugar.

Calcium malate- An acidified form of calcium for improved absorption. Malic acid aids in the formation of ATP (adenosine triphosphate), which is the fuel for proper cellular metabolism.

Burdock root- Rich in minerals and trace minerals for bone, cartilage, tendon and ligament formation. Blood cleanser, and removes acids from the blood.

Silica- Strengthens bones, cartilage, and other connective tissues through the formation of collagen and elastin. Enhances the absorption of calcium.

Magnesium Malate- Provides magnesium, essential for bone strength and ATP formation. Malic acid aids in the formation of ATP (adenosine triphosphate), which is the fuel for proper cellular metabolism.

Nettle leaf- Rich source of minerals, especially calcium and silica. Also an excellent source of vitamin C to improve calcium absorption, improve immune function, prevent free radical damage, and build collagen. The vitamin K in nettle strengthens bones. Nettle is
anti-inflammatory and supports proper adrenal function. Nettle removes uric acid and supports the growth of beneficial intestinal flora.

Dandelion root- Rich in minerals and trace minerals for bone, cartilage, tendon and ligament formation. Blood cleanser, and removes acids from the blood.

Oatgrass- Provides silica and vitamin C for collagen and elastin formation. Provides B

vitamins, and vitamin C to support proper immune function. Also provides calcium magnesium, and manganese. As a phytoestrogen source oatgrass helps to prevent bone loss. Supports the growth of beneficial intestinal flora.

Turmeric- Powerful antioxidant and anti-inflammatory.

Alfalfa- Vitamins supplied by this plant include C,D, and K for strong bones. Vitamin C, and B vitamins support proper immune function. Alfalfa is also an excellent source of calcium, magnesium, manganese, boron, sulfur, silica, strontium, zinc, as well as other minerals and trace minerals which are required for the growth and strength of bones and cartilage. Alfalfa reduces the level of acids in the blood, and supports the growth of beneficial intestinal flora. Richest herbal source of phytoestrogens to prevent bone loss.

Kelp- Contains the same vitamins and minerals found in alfalfa. Supports the growth of beneficial intestinal flora. Source of phytoestrogens to prevent bone loss.

Amla- Richest herbal source of vitamin C. Source of several antioxidants. Stimulates production of the antioxidant, anti-inflammatory, and immune stimulating enzyme superoxide dismutase (S.O.D).

Chaparral- Kills viruses, bacteria, fungi, and parasites. Reduces pain, supports immune function by strengthening the adrenals, and helps build tissues. Chaparral is the strongest antioxidant known, being several hundred times more powerful than pycnogenols. And unlike pycnogenols (Procyanidins), chaparral works in both the water and lipid portions of cells.

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Boneset- Stimulates bone growth.

Yucca- Powerful anti-inflammatory, assists in absorption of nutrients, and kills pathogens. Supports the growth of beneficial intestinal flora.

Stevia- Antibiotic, reduces sugars in the system which displace calcium.

Sulfur- Important component of bone and cartilage, detoxifying, antioxidant.

Boron- Stimulates the parathyroid gland which plays a role in the mineralization of bones. Prevents bone loss in post-menopausal women not taking estrogen replacement therapy.

Recommended use is 1/2 teaspoon of the powder 3 times daily on an empty stomach at least 20 minutes before meals. The powder can be mixed in juice, water, or unsweetened applesauce, or may be placed under the tongue and washed down with water.

**Live-R-ight**

(Liver formula)

The liver serves hundreds of functions within the body. The following is a partial list of some of these functions.

Detoxification: A protein called albumin circulates in the blood and binds to medications, toxins and other substances and carries them back to the liver where they can be metabolized by the liver. The liver also breaks down some substances produced in the body that can be harmful in excess including cholesterol, hormones, aldosterone, norepinephrine and insulin.

Hormone balance: The liver breaks down excess levels of sex hormones estrogens, progesterone, and testosterone, and binds them with other substances to assist their excretion through the kidneys. The liver also breaks down sex hormone mimickers known as xenoestrogens including dioxin and DDT. Xenoestrogens exert a powerful and dangerous hormonal effect on the body and can be up to 100,000 times stronger than the estrogens produced by the body. Poisonous ammonia, produced from protein break down, is converted into less toxic urea by the liver so that it can eliminated from the body as urine. Kuppfer cells in the liver remove bacteria and other dangerous materials.

Cholesterol: The liver synthesizes cholesterol for the production of hormones and vitamin D. Though the liver also breaks down excess cholesterol when working properly. Cholesterol lowering statin drugs work by blocking cholesterol synthesis by the liver. These drugs are well known for damaging the liver though, which could lead to a subsequent rise in cholesterol.

Blood sugar control: The liver converts sugars, amino acids and fats into glucose. The liver converts some of this glucose into glycogen and stores the glycogen for future use. When glucose levels drop, the adrenal glands normally release cortisol, which in turn releases the stored glycogen from the liver to help raise glucose levels back to normal. Insulin growth factor, which is involved in maintaining proper blood sugar levels, is also produced in the liver.

Energy: Stored glycogen serves as emergency fuel in times of crisis. During emergency situations cortisol is released raising glucose levels to give the body, especially the muscles, extra energy. The liver also converts some proteins and sugars into fats, which serve as an additional fuel source for the body.

Vitamin and mineral storage: The liver stores copper, and stores iron in the form of ferretin. The fat soluble vitamins A, D, E, and K are stored in the liver as well as the water soluble folate, and vitamin B12.

Digestion: The liver assists in the breakdown of foods and many medications so they can be used by the body. Bile is produced in the liver and stored in the gallbladder for use in the digestion of fats.

Blood clotting: The liver helps regulate blood clotting through the production of various clotting factors.

Immunity: The liver plays a role in immunity by producing antibodies.

Healing: The liver synthesizes some amino acids and regulates their levels in the blood. Amino acids are required for growth and repair of tissues, and for the production of neurotransmitters and hormones.

Complement proteins are produced by the liver, which are involved in the regulation of the inflammatory process. Inflammation is a necessary part of healing because inflammatory prostaglandins help increase blood flow to injured areas. This helps speed healing by increasing oxygen and nutrient levels to the injured area. The liver also produces growth hormones, especially insulin growth factor (IGF) and epidural growth factor (EGF). Fluid regulation: A plasma protein produced by the liver, known as albumin, helps maintain the pressure between intracellular and extracellular fluid. Cell recycling: The liver breaks down old cells and antibodies that need to be removed from the body and recycles some of these cellular materials for the production of new cells, hormones, and other substances required by the body.

These are only some of the many functions of the liver. And with so many functions, disorders of the liver also come with many potential side effects. Side effects of liver dysfunction include long term elevation of liver enzymes, fatigue, itchy skin, anal itching, loss of appetite, muscle weakness, easy bruising from decreased clotting factors, bleeding gums or nose, malabsorption of fats, and foul smelling diarrhea from these fats being expelled in the feces, light colored stools, dark urine, hormone imbalances; which may lead to endometriosis, fibroids, cysts, breast enlargement, shrunken testicles, insomnia, thyroid dysfunction, decreased libido, hair loss etc., spider angiomas, clubbing of the nails or whitening of the nail beds, increased cholesterol levels, peritonitis, varicose veins, decreased detoxification, and alteration in the metabolization of medications or prevention of the medications being metabolized.

More severe liver dysfunction may lead to liver damage, liver enlargement, spleen enlargement from portal hypertension, hardening of the liver or cirrhosis, jaundice, fluid accumulation, vein varices in the stomach and esophagus, which can rupture leading to vomiting of blood, loss of blood through the feces, and possibly shock and death. Excess ammonia levels, or the consumption of high levels of protein, may lead to a condition known as hepatic encephalopathy resulting in mental confusion.

The most common cause of liver dysfunction is hepatitis, which literally means inflammation of the liver. Contrary to popular belief hepatitis is not always caused by hepatitis viruses. Hepatitis may be from other viruses as well including various herpes viruses. In addition bacteria, fungi, and parasites may also cause hepatitis. Many pharmaceutical drugs are known, or believed, to cause chemical induced hepatitis. These drugs include, but are not limited to anti-inflammatories, and other pain relievers, anti-cholesterol drugs, erythromycin, methotrexate, dilantin, isoniazid, nitrofurantoin, methyldopa, baycol, serzone, accutane, duract, lamisil, zithromax, and arava. Hepatitis may result from trauma or autoimmunity as well.

Tobacco contains many chemical additives known to cause liver damage, and alcohol may cause liver damage especially when pharmaceutical drugs are taken in conjunction with alcohol. Compounds, known as pyrrolizidine alkaloids, found in some plants, may cause hepatitis if the fresh plants are taken orally over extended periods of time. These

alkaloids are destroyed in dried and aged plants. Common sources of these alkaloids are comfrey, germander, and coltsfoot. Other forms of liver damage include cirrhosis, Wilson's Disease, and hereditary hemochromatosis.

Historical uses of the ingredients:

Bupleurum- Used in Chinese medicine to cleanse the liver and to treat liver problems, such as hepatitis. Bupleurum increases levels of the antioxidant, anti-inflammatory, and immune stimulating enzyme superoxide dismutase (SOD).

Turmeric- Turmeric is equally effective as milk thistle in protecting the liver from toxins. Turmeric has stronger anti-inflammatory and antioxidant properties though than milk thistle. Turmeric is an excellent antiseptic, and has been shown in studies to block the formation of cancer through a variety of mechanisms. Turmeric helps prevent gallstones.

Chaparral- Possesses strong antiviral, antibacterial, and antifungal activity. In addition chaparral is a powerful antioxidant, working in both the water and lipid portions of the cell. Chaparral reduces inflammation, and boosts the immune system by raising vitamin C levels in the adrenal glands. Sulfur compounds in chaparral help to detoxify the body and strengthen the antiviral effects of pau d' arco.

Milk Thistle seed- The entire plant has liver protecting properties, although the seeds have the strongest effects on the liver. Milk thistle seed contains silymarin, a compound shown to protect the liver and to accelerate the regeneration of liver cells. As an antioxidant milk thistle can help reduce oxidative damage to the liver.

Phyllanthus- Phyllanthus is used in Ayurvedic, Chinese, and South American medicine for its strong antiviral and antibacterial effects. Phyllanthus is commonly used to treat hepatitis and other conditions of the liver, as well as to protect the liver. As a bitter phyllanthus can help prevent gallstones.

Andrographis- Many medical studies have been conducted on this plant. Andrographis

has been shown to possess anti-inflammatory, antiviral, antibacterial, anti-parasitical, cancer destroying, liver protective, blood purifying, and immune enhancing (elevates number and activity of white blood cells) properties. As a bitter andrographis can help prevent gallstones.

Pau d' arco- Also known as lapacho, ipe roxo, taheebo, or tabuei. The bark of this South American tree is antiviral, antibacterial, antifungal, anti-parasitical, anti-inflammatory, antitumor, and has immune enhancing properties. Many of pau d' arco's properties are due to 18 antiseptic anthraquinones and napthaquinones, and 5 anti-inflammatories.

Jiaogulan- This herb contains high levels of immune modulating and anti-inflammatory sterols. Jiaogulan also supports the adrenal glands, which produce the body's own anti-inflammatory steroids and helps to regulate the immune system. This makes jiaogulan beneficial for the treatment of autoimmune disorders. Jiaogulan increases levels of SOD and elevates white blood cell counts. Studies have shown jiaogulan to be effective in the treatment of hepatitis and to protect the liver from liver damaging chemicals.

Amla- This berry from India is Nature's richest source of stable vitamin C. The vitamin C in amla is 12 times stronger than synthetically produced vitamin C. Amla is antiviral, antibacterial, antifungal and helps to protect cells from heavy metal damage. Amla reduces inflammation by supporting adrenal function and by significantly elevating SOD levels. Amla improves liver function by cleansing the liver.

Chinese licorice root- Licorice root is a steroidal anti-inflammatory, antiviral, antibacterial, antitumor, and stimulates the immune system by elevating interferon levels. Interferon stimulates SOD to form hydrogen peroxide, which in turn activates white blood cells. This makes its use even more beneficial when mixed with SOD elevating herbs. It is an excellent herb to support adrenal function, which reduces inflammation and regulates the immune system.
Licorice root is commonly used in other countries to support the liver and treat liver problems including cirrhosis and hepatitis. The Chinese variety is calming, as where the American variety is slightly stimulating.

Schisandra berry- These berries are one of the best herbs to support adrenal function, which reduce inflammations and supports proper immune function. Schisandra directly reduces inflammation by interfering with platelet activating factor, an inflammatory promoting compound. Schisandra raises levels of the antioxidant glutathione in the liver to assist with liver detoxification. Schisandra has been shown to protect and regenerate the liver and to lower liver enzymes, a marker for liver damage.

Picrorhiza- This Ayurvedic herb is used in India to treat hepatitis and liver cancer. The herb is anti-inflammatory, antioxidant, and has liver protective properties. Considered to be equally or more effective than milk thistle.

Poke root- Poke contains a compound, known as poke activating factor (PAF), which is structurally similar to interferon. PAF also functions like interferon, but unlike pharmaceutical interferons PAF is not tissue specific. Therefore PAF works on multiple tissues, including the liver.

Bladderwrack- This seaweed is a source of immune stimulating polysaccharides, which stimulate white blood cells. Bladderwrack supports various systems in the body due to it being rich in a wide variety of vitamins and minerals.

Recommended use is 1/2 teaspoon of the powder 3 times daily on an empty stomach at least 20 minutes before meals. The powder can be mixed in juice, water, or unsweetened applesauce, or may be placed under the tongue and washed down with water.

**Sugar Balance Formula**

“Sugar diabetes” is a chronic elevation of blood sugar. Blood sugar is normally kept in control by the hormone insulin, which attaches to sugar and carries it out of the blood. When the pancreas fails to produce insulin, or the insulin is unable to leave the blood itself, blood sugar rises.

There are various forms of diabetes. Type 1 diabetes, sometimes referred to as juvenile diabetes, is an autoimmune disorder. Non-specific antibodies attack the insulin producing islet cells leading to pancreatic failure. Various viruses have been implicated in this form of diabetes, as well as reactions to cow’s milk in infants. Alloxan (oxidized uric acid) and chemical induced diabetes could be classified as subcategories of type 1 diabetes. Alloxan induced diabetes is a very rare form of diabetes in which alloxan destroys the insulin producing islet cells of the pancreas. Chemical induced diabetes results from islet cell damage from various chemicals, such as the anesthesia used during surgery. Type 2 diabetes, also known as adult onset diabetes results from low chromium levels in the body. This causes insulin receptors to close up, which prevents insulin from leaving the blood properly. Gestational diabetes is a hormone imbalance that may develop during pregnancy. It normally disappears after birth of the baby. As with most cases of adult onset diabetes, there is no pancreatic failure in this type of diabetes.

Side effects of diabetes occur both from elevation of blood sugar, and by elevated insulin levels. Chronically elevated sugar levels can erode the insulating material around nerves known as myelin. This leads to nerve damage and pain, a condition known as diabetic neuropathy.

Diabetic cataracts, and chronic yeast infections, can also result from elevated sugar levels. If the sugars are not removed from the blood, they can form into triglycerides, which are believed to contribute to heart disease. Long-term elevation of blood sugar can lead to damage of insulin producing islet cells. Elevated insulin levels can occur from insulin injections or through insulin resistance. Insulin resistance occurs when insulin receptors are “closed”, which prevents the insulin from leaving the bloodstream leaving sugar levels higher than normal. The brain monitors the sugar levels, but not insulin

levels. So it believes the pancreas is being lazy and tells the pancreas to kick out more insulin not realizing the true problem. At elevated levels the insulin has a powerful constricting effect on the blood vessels, which can damage or destroy the micro blood vessels, and restrict circulation. Destruction of the blood vessels in the eye leads to diabetic retinopathy (blindness). If the blood vessels in the kidneys are affected then kidney failure may result. Gangrene results from insulin damage to the blood vessels in the hands and feet. Constriction of blood vessels by insulin may also contribute to high blood pressure and the formation of heart attacks and strokes.

Ingredients:

Nettle leaf- Lowers blood sugar, increases insulin sensitivity due to chromium content. Removes lactate preventing its conversion back in to glucose. Removes uric acid to prevent alloxan formation. Provides nutritional support and strengthens blood vessels to prevent insulin damage. Lowers blood pressure. Excellent source of B vitamins for proper carbohydrate metabolism.

Bilberry leaf- Has a strong effect on lowering blood sugar.

Fenugreek seed- Lowers blood sugar. Sterols in fenugreek relax blood vessels to lower blood pressure.

Oatgrass- Lowers blood sugar from fiber content. Strengthens blood vessels, due to silica content, preventing insulin damage. Excellent source of B vitamins for proper carbohydrate metabolism.

Gymnema sylvestre- Blocks sugar absorption. Increases islet cells on pancreas. Improves inulin sensitivity.

Juniper berry- Has an insulin-like effect. Improves pancreas function. Strengthens nerves, blood vessels, and adrenal glands. Removes uric acid to prevent alloxan formation.

Butcher’s broom- Increases circulation, particularly to the legs and feet. Silica content

strengthens blood vessels.

Inulin (FOS)- Natural fiber source derived from chicory root. Inulin helps prevent sudden rises in blood sugar.

Amla- Strongest stable source of vitamin C in the herbal kingdom. Vitamin C helps protect the blood vessels from insulin damage. Antiviral due to its polyphenols, its ability to raise interferon levels, and by raising superoxide dismutase (S.O.D.) levels; S.O.D. produces hydrogen peroxide which kills microbes and stimulates white blood cell activity. Improves protein metabolism to control blood sugar. Increases lean body mass to improve insulin sensitivity.

Kelp- Provides vitamins, minerals, and all trace minerals to strengthen tissues and support the glandular system. Excellent source of B vitamins for proper carbohydrate metabolism.

Stevia- Regulates blood sugar through its high chromium content. Increases number of islet cells on the pancreas and improves insulin sensitivity.

Magnesium malate- Prevents constriction of blood vessels by insulin. Helps in the formation of insulin. Magnesium and malic acid both aid in the formation of ATP, which fuels the cells and helps them to function properly.

Yucca root- Enhances the absorption of nutrients. Sterols in yucca relax blood vessels to lower blood pressure and to help prevent insulin damage.

Glucose tolerance factor (GTF) chromium- Regulates blood sugar through increased insulin sensitivity and by increasing the number of islet cells on the pancreas.

Vanadyl sulfate- Functions like insulin. Unlike insulin though, vanadyl sulfate can carry glucose through closed insulin receptors, and actually helps to open the receptors in the process.

Recommended use is 1/2 teaspoon of the powder 3 times daily on an empty stomach at

least 20 minutes before meals. The powder can be mixed in water, or small amount of unsweetened cinnamon applesauce, or may be placed under the tongue and washed down with water.

**Super Ginkgo Green**

Today's lifestyle puts a lot of demand on our bodies and minds. Stress, pollution, drugs, exercise, and other factors deplete our bodies of essential nutrients. To further complicate matters, many of the foods we eat have been grown in nutrient depleted soils. Others have been processed to the point of having the nutritional value of cardboard.

Scientists are finding every day new links between dietary deficiencies and disease. Zinc deficiencies are found in all autoimmune disorders. Deficiencies of zinc also leads to poor digestion, leading to impaired nutrient absorption. Chromium deficiencies are common in diabetes. Magnesium deficiencies are common in heart disease. Low levels of the amino acids phenylalanine, tyrosine, and tryptophane are common among depressed people. In fact, chemical antidepressants work by mimicking or by preventing the breakdown of the neurotransmitters produced by these amino acids. Vitamin B6 deficiencies create the various side effects that occur in women taking "the pill", and other synthetic hormones.

WHY NOT JUST TAKE A MULTIVITAMIN?

Vitamins are known as co-enzymes. This means that they require enzymes to function. Many of these enzymes are provided by the food we eat. The body produces the remainders of the enzymes. Taking vitamins without a source of enzymes is like driving a car without a steering wheel.

Minerals also have many functions in the body. Some of these functions include electrolytes, regulation of blood pressure, controlling bleeding, and enzyme formation. Like many vitamins, some minerals also function as natural antioxidants.

Most of the vitamin supplements on the market are produced synthetically. These synthetic vitamins and minerals have an altered form that is not easily recognized by the body, and will not function the same as natural vitamins and minerals. For example,

vitamin D, when produced by the body, has no adverse side effects. Synthetic vitamin D closely resembles a growth hormone that can increase the growth rate of cancers. Most supplements also use binders that block nutrient absorption. Ginkgo Green is 100% herbal. There are no binders, fillers, coloring agents, or preservatives.

Nutrients also require a sufficient level of hydrochloric acid, in the stomach, to be absorbed. Low acid levels from aging and the use of antacids prevent vital nutrients, such as calcium, from being absorbed. Herbs have been added to Ginkgo Green that have historically been used to treat digestive problems due to low stomach acid levels. A complete line of digestive enzymes is also found in Ginkgo Green.

Ginkgo green is also a rich source of saponins. These soap-like molecules increase cell wall permeability. This allows nutrients to enter into cells easier. Saponins also hold moisture in the colon for a better growing environment for the beneficial bacteria that inhabit the colon.

Herbs also provide other beneficial compounds, such as phytoestrogens which are plant-derived estrogenic compounds, which are an average 200 to 400 times weaker than the estrogens produced by the body. Phytoestrogens regulate estrogen levels in the body by acting like estrogen when needed or by locking up estrogen receptors when estrogen levels are excessive. Phytoestrogens protect the body from hormone induced cancers.

Unlike most supplements, Ginkgo Green also provides all known amino acids. The body uses amino acids as building blocks to produce everything from hormones to hair .

Herbs also contain naturally cheated (pronounced “KEY LATED”) minerals. Chelation refers to the process by which minerals are surrounded and bound to amino acids. Since amino acids are almost completely absorbed by the body, minerals bound to amino acids are absorbed more efficiently than non-chelated minerals.

IS THERE REALLY A DIFFERENCE IN GREEN DRINKS?

Yes! Not all green drinks are complete nutritionally. Green drinks made from just a few herbs will be deficient or absent in many nutrients. By blending more herbs, a more complete nutritional balance is produced.

Ginkgo Green takes advantage of the nutritional profiles of various herbs. Ginkgo Green is a blend of select herbs, each being high in specific nutrients. The result is a natural, balanced, high nutrient dietary supplement.

NUTRITIONAL AND CHEMICAL PROFILE AND HISTORICAL USES OF THE HERBS

Ginkgo biloba leaf- A, B1, B2, B3, C, calcium, chromium, iron, magnesium, manganese, phosphorus, potassium, selenium, silicon, sodium, zinc, bioflavonoids, and pro-anthocyanidines (pycnogenols). Used to improve blood flow, to improve memory, to treat tinnitus, to inhibit blood clotting, for the treatment of macular degeneration, to improve glucose metabolism, and as an antioxidant.

Plantain leaf- A, B1, B2, B3, B5, B6, C, folic acid, calcium, copper, iron, magnesium, phosphorus, potassium, sodium, and zinc. Contains all 18 essential amino acids. Used as a pain relieving anti-inflammatory, and lymphatic tonic. Plantain leaf promotes healing due to its allantoin content (the same healing component found in Comfrey root)..

Nettle leaf- A, complete B complex, C, D, calcium, chromium, cobalt, copper, iron, manganese, magnesium, phosphorus, potassium, selenium, silicon, sulfur, tin, trace minerals, zinc, bioflavonoids, saponins, acetylcholine and serotonin. Used as an antidepressant, as an antibiotic and antifungal, to remove uric and lactic acids, to dissolve kidney stones, to regulate the thyroid, to reduce body fat, to increase energy, to treat anemia and ulcers, to strengthen tissues, and as a mild laxative. Considered a tonic to the adrenals, kidney, and liver. Regulates the intestinal flora.

Bee pollen- A complete food containing all known amino acids, all known vitamins and minerals, and thousands of enzymes. Also provides fatty acids, sterols, and antibodies. Used to boost energy, to balance the endocrine system, to treat depression, and as an

antitumor and antiseptic.

Spirulina- B complex, carotenes, C, D, E, K, calcium, copper, germanium, iodine, iron, magnesium, manganese, phosphorus, potassium, selenium, sodium, sulfur, zinc, trace minerals, bioflavonoids, all 8 essential amino acids, chlorophyll, phycocyanin gamma linolenic acid (GLA), RNA, DNA, SOD, enzymes, glycolipids, sulfolipids. Spirulina has also been shown to inhibit certain viruses.62% amino acid content, chlorophyll, beta-carotene, essential fatty acids, richest natural source of B-12. Easily digested. It'a a planktonic blue-green algae found in warm water alkaline volcanic lakes. One of it's main abilities is inhibiting viral penetration into the cell membrane. Studies are being done on the inhibition of replication of the AIDS virus and the Herpes virus. Studies also show this herb can prevent or inhibit cancers growth. Is also an immune stimulant and builder. Sometimes alleviates symptoms of arthritic conditions.

Chlorella- Is a micro-algae, 62% amino acid content, chlorophyll, beta carotene (vit A), C, E, K, B1, B2, B6, B12, niacin, pantothenic acid, folic acid, biotin, choline, and inositol. Phosphorus, potassium, magnesium sulfur, iron, calcium, manganese, copper, zinc, iodine, cobalt, and trace elements. stimulates the immune system, removes toxic metal in the system, May lower blood-sugar levels, Enhances the growth of animals, Increased the concentration of hemoglobin, an iron-containing pigment found in Red blood cells, May help in reducing cholesterol., May protect the liver during malnutrition. B complex, carotenes, C, E, K, calcium, copper, germanium, iodine, iron, magnesium, manganese, phosphorus, potassium, zinc, 19 amino acids including all 8 essential amino acids, chlorophyll, RNA, DNA, Chlorella Growth Factor. Chlorella pulls heavy metals from the body and stimulates the growth of intestinal flora.

Licorice root- A, complete B complex; except B12, C, E, calcium, chromium, cobalt, copper, iron, manganese, magnesium, phosphorus, potassium, selenium, silicon, sodium, tin, zinc, lecithin, coumarins, fatty acids (caprylic, hexonic, and palmitic), bioflavonoids, saponins, phytoestrogens, salicylic acid (aspirin). Used as an immune stimulant, as an antioxidant, as an adaptogen, as an anti-inflammatory, as a liver and kidney tonic, to build nerve tissue, to remove arterial plaque, to reduce body fat, to treat

hypoglycemia, as an antiseptic, to treat ulcers, as an antispasmodic, as a laxative and expectorant. Regulates the intestinal flora.

Watercress- A, B1, B2, B3, B5, B6, biotin, C, D, E, calcium, cobalt, copper, germanium, iodine, iron, manganese, magnesium, phosphorus, potassium, sodium, sulfur, trace elements, vanadium, zinc, bioflavonoids. Used an immune stimulant, as an antioxidant, as a liver and kidney tonic, to alkalinize the blood, to dissolve gallstones, to increase energy, to boost metabolism, to enhance oxygen utilization, to cleanse the blood and colon, as a diuretic, and as a mild laxative.

Milk thistle seed- A, B1, B2, B3, C, calcium, chromium, cobalt, iron, manganese, magnesium, phosphorus, potassium, selenium, silicon, tin, and bioflavonoids. Used as a liver protectant and healer, to treat spleen problems, to protect the kidneys, as an antioxidant, and to protect the system from heavy metal damage. Milk thistle raises levels of SOD, interferon, and
T-lymphocytes

Schisandra berries- A, B1, B2, B3, C, calcium, cobalt, chromium, iron, manganese, magnesium, phosphorus, potassium, selenium, silicon, zinc, and saponins. Used to calm the nervous system, as an antioxidant, to increase vision, as an adaptogen, to increase enzymatic metabolism of liver toxins, to increase production of digestive enzymes, to protect the liver, to remove toxins from the body, and as a cough suppressant. Regulates intestinal flora.

Dandelion leaf- A, B complex, C, D, calcium, iron, manganese, magnesium, phosphorus, potassium, phosphorus, sulfur, silicon, sodium, saponins, and phytoestrogens. Used as a cancer treatment, a liver stimulant and tonic, to alkalinize the blood, to increase digestive acid levels, to lower cholesterol, as a diuretic, to cleanse the blood, as a lymphatic tonic, to improve circulation, as a mild laxative, and as a pain reliever. Regulates intestinal flora.

Parsley leaf- A, B complex, C, calcium, cobalt, copper, iron, manganese, magnesium,

phosphorus, potassium, silicon, tin, zinc, coumarins, bioflavonoids, and phytoestrogens. Used as an antiseptic, to lower blood pressure, as an antitumor compound, to dissolve kidney and gallbladder stones, as a liver stimulant, as a kidney tonic, to treat hypoglycemia, as a diuretic, and as a laxative.

Gotu kola- A, B1, B2, B3, C, calcium, cobalt, chromium, iron, manganese, magnesium, phosphorus, potassium, selenium, silicon, sodium, tin, zinc, and saponins. Used as a nerve tonic, as an antioxidant, to alkalinize the blood, to reduce inflammations, for skin disorders, to stimulate healing, to lower cholesterol, to heal ulcers, to lower blood pressure, as an antiseptic, to increase the memory and lifespan, to purify the blood, and as a smooth muscle relaxant. Regulates the intestinal flora. Gotu kola, unlike kola nut, does not contain caffeine.

Chickweed- A, complete B complex, C, D, calcium, chromium, cobalt, copper, iron, manganese, magnesium, molybdenum, phosphorus, potassium, selenium, silicon, sodium, tin, zinc, lecithin, fatty acids, bioflavonoids, and saponins. Used to reduce body fat; especially cellulite, to remove plaque from arteries, as an antioxidant, to build nerve tissue, to regulate the thyroid, to dissolve cysts and tumors, to alkalinize the blood, to heal ulcers, to remove “fossilized” mucous from the colon, to neutralize toxins, as a lymphatic and glandular tonic, to stimulate healing, and as a laxative. Regulates intestinal flora.

Papaya leaf- A, C, calcium, potassium, traces of other minerals, and digestive enzymes. Used to improve digestion, to prevent and heal ulcers, to treat cancer, and to reduce inflammation.

Alfalfa- A, complete B complex, C, D, E, K, octacosanol, U, boron, calcium, chromium, cobalt, fluoride, iron, manganese, magnesium, selenium, silicon, sodium, sulfur, tin, trace minerals, zinc, coumarins, 8 digestive enzymes, all 18 essential amino acids, fatty acids, and saponins. Alfalfa is the richest source of phytoestrogens. Used to stimulate the pituitary gland, to protect from radiation poisoning, to neutralize acids and poisons in the body, to treat arthritis and cancer, to strengthen the tissues, to treat ulcers, to strengthen bones, to rebuild teeth, and to cleanse the colon. Regulates the intestinal flora.

Kelp- A, complete B complex, C, D, E, K, boron, bromine, calcium, chromium, cobalt, copper, gold, iodine, iron, lithium, manganese, magnesium, nickel, phosphorus, potassium, rubidium, selenium, silicon, silver, sodium, strontium, vanadium, other trace minerals, enzymes, fatty acids, nucleic acids, and saponins. Used to reduce body fat, to regulate the thyroid, as an antioxidant, to protect from radiation poisoning, to purify the blood, to lower cholesterol and remove arterial plaque, to increase energy, to remove heavy metals and other toxins from the body, to strengthen heart function, to strengthen nerves, glandular, and hormone systems, to stimulate the immune system, to treat allergies, to dissolve tumors, to reduce an enlarged prostate, to reduce lymphatic swellings, as a bowel soother and laxative, and to remove toxins; including metabolic byproducts of yeast, from the colon. Regulates the intestinal flora.

Oatgrass- A, B complex, C, E, G, K, calcium, chromium, cobalt, iron, manganese, magnesium, phosphorus, potassium, selenium, silicon, tin, and protease inhibitors. Used as an antidepressant, as a nervine, as an antioxidant, to support the endocrine glands, to treat estrogen deficiency, to strengthen bones and other tissues, to stabilize blood sugar levels, as an antiviral (protease inhibitors) and antitumor (protease inhibitors), antibacterial, to lower cholesterol and blood pressure, to treat thyroid problems, to treat drug withdrawal and hyperactivity, and as a laxative. Oatgrass feeds the intestinal flora.

Juniper berries- A, B1, B2, B3, C, D, E, calcium, chromium, cobalt, iron, manganese, magnesium, phosphorus, potassium, selenium, silicon, tin, zinc, and insulin-like compounds. Used as an antiseptic (contains the same active ingredient in tea tree oil, and the antiviral compound gallotannin), as an antioxidant, to remove acids and other toxins from the blood, to strengthen the nervous system, to strengthen the vision, to dissolve kidney stones, as a pancreatic and adrenal tonic, to treat diabetes, as a diuretic, and to increase stomach acid and enzymes.

Amla- A, B1, B2, B3, C, D, E, calcium, chromium, cobalt, iron, manganese, magnesium, phosphorus, potassium, selenium, silicon, tin, zinc, bioflavonoids, and saponins. Used as an antiseptic, antioxidant, and antispasmodic, to strengthen the vascular system, and to

treat cancers. Regulates the intestinal flora.

Recommended use is 1/2 teaspoon of the powder 3 times daily on an empty stomach at least 20 minutes before meals. The powder can be mixed in juice, water, or unsweetened applesauce, or may be placed under the tongue and washed down with water.

**Thyroid Tonic**

The thyroid gland, not to be confused with the parathyroids, is located in the neck area. The thyroid gland produces hormones that help maintain metabolism of fats and production of energy. In addition the thyroid gland releases a hormone, known as calcitonin, which is responsible for putting calcium into bones. The thyroid gland is regulated by the pituitary gland, which is regulated by the hypothalamus, both located in the brain. The process starts as the hypothalamus gland releases a hormone known as thyrotropin releasing hormone (TRH). This in turn tells the pituitary to release a hormone, known as thyroid stimulating hormone (TSH, thyrotropin). Finally, TSH stimulates the thyroid to produce its hormones. The thyroid produces 5 primary hormones; calcitonin, T1, T2, T3 (triiodothyronine) and T4 (thyroxin, tetraiodothyronine). Although T1 and T2 have no known functions in the body.

Low thyroid function (hypothyroidism) has a multitude of causes. Improperly functioning hypothalamus or pituitary glands, estrogen dominance, chlorine, fluorine (fluoride), or bromine exposure, lack of iodine intake, chronic stress, hormone imbalances, and the autoimmune condition Hashimoto's thyroidosis are a few examples.

A diagnosis of hypothyroidism is often made with a blood test to determine levels of the pituitary hormone Thyroid Stimulating Hormone (TSH), and the thyroid hormones triiodothyronine (T3) and thyroxine (T4). Though laboratory tests frequently do not detect mild cases of hypothyroidism, and they often cannot determine the source for the low thyroid.

The primary reason conventional thyroid testing often misses cases of hypothyroidism is that temporary stress can lead to temporary rises in thyroid hormone levels. The thyroid responds to the stress by increasing its output of thyroid hormones in order to meet the increased demand for energy by the body. Therefore, if a person who is really hypothyroid is racing to the doctor in heavy traffic their stress levels will elevate their thyroid hormones temporarily. When they arrive at the doctor they are thinking about the doctor bill, which further raises their stress and hormone levels. Then they are going to get stuck with a needle, which will cause great anxiety in most people, leading to a spike

in thyroid hormone levels. When the doctor reads the lab reports the thyroid appears normal because of these rises, even though the person's thyroid functions below normal. When the person returns to a relaxed state, thyroid hormone levels return to their below normal levels.

Chronic stress can also lead to a missed diagnosis of hypothyroidism. When a person is under chronic stress another hormone, known as reverse triiodothyronine (rT3) can be formed. This hormone is very similar in structure to T3, but is biologically inactive. When rT3 levels are elevated the hormone can block T3 receptors preventing T3 from having any effect on the body. If this occurs, the conventional thyroid hormone tests can show normal even though the person is hypothyroid due to the fact they are unable to utilize their own thyroid hormone properly. There is a test specifically for rT3, but it is rarely utilized.

Another reason hypothyroidism is often misdiagnosed is because symptoms of hypothyroidism can mimic many other disorders. A more accurate way to determine if the thyroid is low is to do a procedure known as basal body temperature. To perform this procedure you'll need a glass thermometer. Shake the thermometer down before you go to bed, and place the thermometer on your nightstand. When you first wake up in the morning reach over and grab the thermometer. Place the thermometer under your armpit for 10 minutes holding your arm against your body. Read the temperature, and write the temperature down on a log. Do this first thing in the morning for at least one week. It is very important that you do not get up or move around before taking your temperature. Getting up or otherwise moving around will raise your body temperature due to muscle heat, which leads to a false reading. Your temperature should read at least 97.6 degrees Fahrenheit each morning. A lower reading down to 97 degrees Fahrenheit indicates mild hypothyroidism. A reading below 97 degrees Fahrenheit indicates more severe hypothyroidism. Note that menstruation alters the body temperature, which creates false readings. Therefore, I recommend taking the basal body temperature for one to two weeks to get a good average.

An underactive thyroid can result in symptoms other than low body temperature. In addition, a person may have one or more of the following symptoms. Weight gain, goiter,

dry and thick skin, thickened nails, falling hair (especially in women), low energy, slow heart rate, memory problems, cold intolerance, cold hands and feet or, constipation, low sex drive, memory problems, depression, infertility, and heavy menstruation.

Another, and often overlooked, side effect of low thyroid function is a greatly increased risk of heart disease. One role of the thyroid is in the metabolism of fats, including cholesterol.

Compounding this problem is the fact that low thyroid function also increases levels of the inflammatory compound homocysteine. Increased homocysteine levels in turn increase inflammation of the arterial walls, which leads to depositing of cholesterol on the arterial walls.

The autoimmune disorder Hashimoto's thyroidosis was once considered to be a rare condition. Now Hashimoto's thyroidosis is considered, by some, to be the leading cause of hypothyroidism. Diagnosis of Hashimoto's thyroidosis is generally made by the findings of elevated TSH, and low T3 and T4.

An overactive thyroid (hyperthyroidism) will increase body temperature slightly above normal, and can cause symptoms including nervousness, irritability, tremors, insomnia, increased heart rate or palpitations, increased blood pressure, weight loss, heat intolerance, thin skin and nails, muscle weakness and loss of muscle mass, vision problems, bulging of the eyes, increased frequency of bowel movements, fatigue, impotence, and decreased menstruation. The most common cause of hyperthyroidism is another autoimmune condition known as Grave's disease. A diagnosis of Graves' disease is generally made from lab results showing an elevation of free T4 levels, and a low level of TSH.

Radioactive iodine to destroy the thyroid, or surgical removal of the thyroid are the general methods used to treat hyperthyroidism. Patients undergoing these procedures though will require the use of substitute thyroid hormones for the rest of their lives. The herbs Melissa (lemon balm), and bugleweed are the alternative choices for the treatment of hyperthyroidism.

Several foods, known as goitrogens, interfere with thyroid function if consumed raw in large doses. These include foods from the cabbage family (cabbage, broccoli, and Brussels sprouts), turnips, cassava, peanuts, and soy. Cooking or fermentation will inactivate goitrogens.

Ingredients:

Zizyphus seed- Elevates cAMP, which helps balance thyroid function.

Black walnut hull- Rich in iodine for production of thyroid hormones.

Nettle leaf- Has a regulatory effect on thyroid function. Helps with adrenal function to prevent stress induced thyroid dysfunction.

Alfalfa- Nourishes the pituitary gland, and supports proper pituitary function. Helps to prevent estrogen induced hypothyroidism.

Ashwagandha- Helps in the conversion of the thyroid hormone T4 in to the more active thyroid hormone T3. Helps with adrenal function and has a calming effect due to its effect on GABA receptors. Both help to prevent stress induced thyroid dysfunction.

Coleus forskohlii- Elevates cAMP, which helps balance thyroid function.

Sargasso seaweed- Provides iodine for thyroid hormone production. Helps balance thyroid function by supporting the hypothalamus and pituitary glands. Supports adrenal function to prevent stress induced thyroid dysfunction and to help with T4 to T3 conversion. Helps to prevent estrogen induced hypothyroidism.

Dan shen (red sage root)- Used in Chinese medicine to improve thyroid function. Helps with adrenal function to prevent stress induced thyroid dysfunction.

Tyrosine-Amino acid building block of thyroid hormones.

Recommended use is 1/2 teaspoon of the powder 3 times daily on an empty stomach at least 20 minutes before meals. The powder can be mixed in juice, water, or unsweetened applesauce, or may be placed under the tongue and washed down with water.

**Good Mood Formula**

Everyone will experience a form of depression at sometime in his or her life. Normally the depression passes and we continue on with our lives. When depression becomes chronic, a problem is present that needs to be addressed. Depression has many causes including the following:

-Emotional stress.

-Poor thyroid or adrenal function.

-Low levels of the neurotransmitters (compounds that assist in nerve transmission) serotonin, dopamine, epinephrine, norepinephrine, or acetylcholine.

-Vitamin B deficiencies. -Low prostaglandin levels.

-Elevated estrogen and lowered progesterone common during menopause and with estrogen replacement therapy (ERT).

-Medications including antidepressants, pain relievers; this includes over the counter products such as ibuprofen (Advil, Motrin, etc.), ERT drugs; these drugs interfere with thyroid function, and high blood pressure medications.

-Lack of sunlight can lead to a form of depression, known as seasonal affective disorder (SAD).

-Chronic or systemic Candida.

-Chronic drug abuse, which can lead to neurotransmitter depletion.

-Nutrient deficiencies, or excessive toxins in the body, which inhibit proper gland and organ function.

Ingredients:

Bupleurum- Helps detoxify the liver and increases dopamine levels.

St. Johnswort- A serotonin reuptake inhibitor. This prevents serotonin from being reabsorbed from the nerve synapse, prolonging serotonins' antidepressant effects.

Gotu Kola- Rich in B vitamins, supports nerve function, improves blood flow to the brain.

Juniper berry- Strengthens nerves, helps regulate estrogen, antifungal, improves digestion for better nutrient absorption.

Sage leaf- Strengthens nerves, helps regulate estrogen, helps in detoxifying the body, antifungal.

Rosemary leaf- Good antidepressant because of its strengthening effect on the nerves. Rosemary is also a powerful antifungal.

Kelp- Promotes proper thyroid and adrenal function, assists in detoxification, antifungal, excellent source of B vitamins and other nutrients.

Nettle leaf- Source of the neurotransmitter serotonin, supports proper adrenal and thyroid function, nutrient rich and enhances nutrient absorption.

Chamomile- Richest herbal source of the amino acid tryptophan, which is converted into the antidepressant neurotransmitter serotonin.

TMG (trimethylglycine)- A powerful methyl donor derived from beet leaves. Methylation is required for the production of all neurotransmitters and aids in the formation of hormones, such as prostaglandins.

Recommended use is 1/4 to 1/2 teaspoon taken 3 times daily, at least 20 minutes before meals. The powder can be mixed in juice, water, or unsweetened applesauce, or may be placed under the tongue and washed down with water.

**Prost-Great**

The prostate is a small walnut size gland, in men, surrounding the urethra, at the base of the bladder. The prostate secretes a fluid to keep the lining of the urethra moist, and to help prevent urinary tract infections. During heightened sexual excitement, and especially during orgasm, the prostate secretes a second fluid that assists with sperm motility, and helps protect sperm from the acidic environment of The prostate is a small walnut size gland, in men surrounding the urethra at the base of the bladder. The prostate secretes a fluid to keep the lining of the urethra moist and to help prevent urinary tract infections. During heightened sexual excitement, and especially during orgasm, the prostate secretes a second fluid that assists with sperm motility and helps protect sperm from the acidic environment of the female reproductive system.

The most common problems with the prostate include benign prostate hyperplasia (BPH), inflammation of the prostate (prostatitis), and prostate cancer. The exact cause of BPH is not known. Though the strongest theory is that a more radical form of testosterone, known as dihydrotestosterone (DHT) stimulates cell proliferation of prostate cells. Studies have shown that men that do not produce DHT do not develop BHP. BHP is most common in men over the age of 40. Prostatitis most often occurs from bacterial infection, such as Escherichia coli bacteria.

Prostate stones may also cause prostatitis. The cause of nonbacterial prostatitis is unknown. Prostatitis is most common in men over the age of 50. Prostatodynia, also known as chronic pelvic pain syndrome (CPPS), is similar to nonbacterial prostatitis, though inflammation is absent. Prostate cancer is the most common cancer in men. The development of this cancer has been linked to the human papilloma virus, though DHT is believed to play a role in the growth of many cases of prostate cancer.

When the prostate enlarges, the prostate can constrict the urethra, and possibly completely occlude urine flow. Symptoms of prostate enlargement include hesitancy in urination, increased urinary frequency, waking frequently during the night to empty the bladder, incontinence, painful urination, blood in the urine, and reduced urinary flow and

force. Decreased urine flow also increases the risk of urinary stones, bladder damage, and urinary and prostate infections. If urine flow becomes completely occluded pressure in the urinary tract may raise significantly leading to kidney damage.

Diagnosis of BPH is determined through a digital rectal exam to determine the size, shape, and density of the prostate, by urine flow studies, or by intravenous pyelogram (IVP) or cystoscopy. Urine and seminal fluid samples may be taken to rule out infection. A rectal ultrasound, or prostate specific antigen (PSA) test may be performed to help rule out prostate cancer. Though PSA counts are not as accurate as patients are told. PSA levels also elevate with prostate infection, BPH, and caffeine use.

Conventional treatments for BPH involve the use of drugs such as finasteride (Proscar) to block DHT formation, or smooth muscle relaxants such as tamsulosin (Flomax). Surgery may also be performed. The most common form of surgery for BPH is transurethral resection of the prostate (TURP). Other forms of surgery include transurethral incision of the prostate (TUIP), laser surgery, and open surgery. Non-surgical treatments for BPH include transurethral microwave thermotherapy (TUMT), and Transurethral Needle Ablation (TUNA). Each of these treatments have drawbacks. For example, Proscar may decrease sex drive and cause impotence. Surgical treatments may not be permanent since only part of the prostate is removed. The remaining tissue may again enlarge resulting in a repeat of the problem. Other side effects that may occur include sexual dysfunction and “dry climax”. In rare cases impotence, or urinary blockage may occur from scar tissue.

Factors adversely affecting the prostate include alcohol, caffeine, cigarette smoking, stress, elevated cholesterol levels, tryptophan; found in sources including milk and beef, and nutritional deficiencies; particularly zinc and essential fatty acids. Partial obstruction of the urethra may also be aggravated by alcohol and over-the-counter cold and flu medications. Estrogens and prolactin are both hormones generally associated with women. Both of these hormones are also produced in men though, and both hormones are associated with BPH. Estrogen is a precursor of testosterone and interferes with zinc absorption. Estrogen also blocks DHT elimination from the prostate. Prolactin increases absorption of testosterone by the prostate.

INGREDIENTS:

Saw palmetto- Contains high levels of fatty acids, which reduce prostate enlargement symptoms, and beta-sitosterol, which is a potent blocker of DHT formation. Saw palmetto has been shown in studies to work by blocking the enzyme 5-alpha-reductase, which converts testosterone into dihydrotestosterone, and by blocking DHT binding. Other studies have shown that saw palmetto may also block other growth factors that may be responsible for prostate enlargement. These include estrogen and epidermal growth factor (EGF). Saw palmetto has been shown to relax smooth muscle affecting the bladder by inhibiting calcium ion influx in the muscle, which improves urine flow.

Jiaogulan- Contains a very high level of sterols, including beta-sitosterol, which blocks DHT formation. The sterols in jiaogulan may reduce prostate inflammation. Jiaogulan contains seven times more sterols than ginseng. Sterols in jiaogulan have been shown to reduce cholesterol levels. Cholesterol is required for testosterone synthesis. Oxidized cholesterol is very damaging to the prostate and is believed to play a major role in the development of BPH. In my opinion jiaogulan is a considerably more potent inhibitor of BPH than saw palmetto due to the higher level of sterols.

Nettle leaf- A steroidal anti-inflammatory to reduce prostate inflammation. Excellent source of nutrition for proper prostate function and health.

Pygeum- Contains various sterols including beta-sitosterol, which bind cholesterol decreasing DHT formation and reducing DHT binding sites. Pygeum also reduces prolactin levels, which promotes the absorption of testosterone by the prostate and DHT formation. In addition pygeum helps block DHT formation and inhibits the enzyme aromatase, which converts testosterone into estradiol. Estradiol, a form of estrogen can contribute to BPH through prostate cell proliferation. Pygeum is also believed to help reduce prostate enlargement by inhibiting the production of inflammatory leukotrienes. Other studies have shown that pygeum inhibits fibroblast growth factor, and several other growth factors. Studies have also shown pygeum to be effective for the treatment of

prostatitis, and to help restore sexual function.

Bee pollen- Extracts of pollen have been used in Europe with much success for the treatment of BPH. Fatty acids and sterols in pollen help reduce prostate inflammation and block DHT formation. Phytoestrogens in pollen block estrogen receptors decreasing the effect of estrogen and on the prostate, including impaired zinc absorption and elevated DHT formation. Extracts of pollen have been shown in studies to block prostate cell proliferation and to relax the urethra while strengthening the bladder to improve urine flow. Pollen is an excellent source of nutrients for proper prostate function and health. Studies have also shown pollen to be beneficial in the treatment of prostatitis.

Licorice root- Steroidal anti-inflammatory that may reduce prostate inflammation. Licorice root contains phytoestrogens, which help reduce the adverse effects of estrogen on the prostate, including impaired zinc absorption and elevated DHT formation. Licorice root blocks the formation of DHT from testosterone.

Zinc- Inhibits 5-alpha-reductase to prevent BPH and prolactin secretion, which decreases testosterone levels in the prostate. Zinc may also help prevent BPH by preventing androgen binding. Zinc helps maintain healthy prostate tissues and is found in high levels in seminal fluid where it acts as an antiseptic to help prevent prostate infections. Zinc levels can be depleted by frequent ejaculation.

Recommended use is 1/2 teaspoon of the powder 3 times daily on an empty stomach at least 20 minutes before meals. The powder can be mixed in juice, water, or unsweetened applesauce, or may be placed under the tongue and washed down with water.

**Nu Luv**

Sexual dysfunction is not a problem only associated with males. Females can also experience sexual dysfunction due to many of the same reasons that males may experience it. Common reasons for sexual dysfunction include many medications, hormone and neurotransmitter imbalances, stress, diabetes and arteriosclerosis.

Hormones and neurotransmitters play a major role in sexual desire. The hormone testosterone can raise libido in both men and women. Another hormone, progesterone, can raise libido in women in part by antagonizing estrogen, which when present in higher levels than progesterone leads to a decrease in libido. The condition when estrogen levels exceed progesterone levels is known as estrogen dominance. A few roles that neurotransmitters play in sexual health is through stress reduction and mood enhancement. For example the neurotransmitter serotonin can help us to relax, while the neurotransmitter dopamine gives us that feel good “in love” feeling.

Blood flow in the genital area is very important for both men and women when it comes to sexual health. Dilation of blood vessels by a substance known as nitric oxide (NO) leads to erections in men, and in women causes the clitoris to engorge with blood increasing its sensitivity. Decreased blood flow due to medications, diabetes, arteriosclerosis, nerve damage, and other reasons can therefore interfere with sexual health. Because of this many sexual health formulas do rely on substances that improve blood flow.

The anti-impotence drug Viagra is also used to improve blood flow through the nitric oxide pathway. Though these drugs can be quite dangerous. There were over 580 deaths attributed to the use of Viagra within a short period of time of its release on the market.

The herb yohimbe, and its pharmaceutical derivative yohimbine, also work by increasing the blood flow in to the genital area, though not through the nitric oxide pathway. In fact the actual mechanism of action for yohimbe is unclear. One hypothesis is that it

stimulates the basal ganglia of the spine leading to increased blood flow in to the genitals. Regardless of how it works this is one substance I do not recommend. The alkaloid yohimbine is not very stable. It quickly oxidizes rendering it worthless for its blood vessel dilating properties. Furthermore, yohimbine can raise blood pressure and damage the liver and kidneys. Therefore it is contradicted in those people most likely to use it.

As we can see from the above several factors need to be addressed when dealing with sexual dysfunction. Primarily balancing of the hormones, improving blood flow to the genital area, increasing dopamine levels, boosting stamina, and reducing stress and anxiety. People experiencing sexual dysfunction should also read the side effects of any medications they are taking to make sure that the medication is not the source of their problem. Common medications that may interfere with sexual function include antidepressants, antihypertensives, and
anti-inflammatory pain relievers.

Epimedium- (horny goat weed)- Used in Chinese medicine to treat low libido, impotence, premature ejaculation, and low sperm counts. Increases sex hormone levels due to sterols in the plant. Improves circulation by dilating blood vessels.

Dodder seed- Used in Chinese medicine to treat impotence, premature ejaculation, and low sperm counts.

Jiaogulan- Contains approximately 7 times the level of sterols as found in ginseng.

Cnidium- Used in Chinese medicine as an aphrodisiac for males and females.

Muira puama- Known as “potency wood” in Brazil. Said to increase blood flow in the genitals of men and women.

Cocoa- Considered an aphrodisiac throughout history. Contains numerous compounds shown to affect neurotransmitters in the brain, and to bind to neurotransmitter sites

affecting mood. One of the best known is phenylethylamine (PEA). The tradition of giving chocolates to the one you love is thought to be from the high level of PEA in cocoa, which increases dopamine levels in the brain giving the giddy feeling that people in love experience. Cocoa contains a fair amount of magnesium, which dilates blood vessels to improve blood flow. Magnesium is believed to be one of the main reasons many women crave chocolate because women who suffer PMS tend to be low on magnesium. Cocoa also helps to boost energy, and works in conjunction with coleus forskohlii to lengthen the blood vessel dilating effects of the forskohlii.

Cinnamon- Considered by many cultures to have aphrodisiac properties. Cinnamon is one of the main ingredients in pumpkin pie spice, which has been shown to be a strong aphrodisiac for males.

Bupleurum- Raises dopamine levels in the brain.

Fu pen zi- Used in Chinese medicine to treat impotence, premature ejaculation, and low semen counts.

Stevia- Good source of saponins, which improve the absorption of other compounds taken with it. Also an excellent source of chromium, which helps in the regulation of blood sugar. This is important for diabetics, who often suffer from impotence.

Gou teng- Used to improve blood flow in Chinese medicine by dilating blood vessels.

Coleus forskohlii- The rhizomes of this plant increase cyclic adenosine monophosphate (camp) levels, which in turn activates the nitric oxide pathway. Nitric oxide is responsible for the dilation of blood vessels in the genitals. The pharmaceutical drug Viagra works on this same principle.

Tribulus terrestris- Used in Chinese medicine and Ayurvedic medicine to treat impotence, premature ejaculation, and low sperm counts. Studies have shown that the herb has a testosterone level raising effect. Calms the nerves.

Clove- Considered an aphrodisiac in many cultures. Also an ingredient in pumpkin pie spice; see cinnamon.

Nutmeg- Considered an aphrodisiac in many cultures. Also an ingredient in pumpkin pie spice; see cinnamon. Source of myrisiticin, a mild central nervous system stimulant and euphoric.

Chuan xiong- Used in Chinese medicine to improve circulation, by dilating blood vessels, and to calm the nerves.

Recommended use is 1/2 teaspoon of the powder 3 times daily on an empty stomach at least 20 minutes before meals. The powder can be mixed in juice, water, or unsweetened applesauce, or may be placed under the tongue and washed down with water.

**New Beginnings For Women**

Prior to menopause estrogens are normally produced from a hormone known as progesterone, which is generally present in higher levels than estrogen. Progesterone controls estrogen levels by converting to estrogen when needed, and by antagonizing high estrogen levels to prevent cancer and other estrogen related problems. During natural or surgical induced menopause estrogen levels drop slightly, and progesterone levels drop drastically. Without sufficient progesterone to keep estrogen in check, estrogen becomes the dominant hormone. This leads to problems such as weight gain, insomnia, thyroid dysfunction, and depression. Synthetic estrogens, because of their considerably stronger effects, can further increase some of these symptoms, and increase the risk of cancer, strokes and heart attacks; due to the formation of blood clots, and disrupts the attempt of the body to normalize it's own hormonal balance.

Though not widely known, the adrenal glands also form estrogens, progesterone, and testosterone. These hormones are produced in much lower amounts than is produced by the ovaries, but they do help provide a cushion when the ovaries shut down, or are removed preventing a hormone "crash".

It should be understood that menopause is not a disorder. Menopause is a normal hormonal transition. The body will adapt to the transition in time if external hormones do not disrupt it, including those found in the meat and milk of most farm-raised animals or by xenoestrogens. Plant hormones, such as phytoestrogens and diosgenin help ease this transition.

Though estrogen can be dangerous, it is not all bad. Estrogen does protect bones from breaking down, although progesterone does more by stimulating bone growth. Estrogen also converts into testosterone, which plays a role in female sexual desire. When elevated to excessively high levels in the blood though, as for example during menopause, with estrogen replacement therapy or the use of birth control pills, serious side effects such as cancer and blood clots may occur.

The source of one popular pharmaceutical estrogen, Premarin, may surprise you. This

estrogen is named for the source it is derived from, PREgnant MARes urINe. Premarin is several thousand times stronger than the estrogens produced by the body, greatly increasing the risk of serious side effects.

There are safe alternatives to estrogen replacement therapy. Many plants contain natural estrogens, known as phytoestrogens. These estrogens are around 200–400 times weaker than human estrogens. Their weak estrogenic effect helps to balance hormone levels. When estrogen levels are low they can provide a weak estrogenic effect. When estrogen levels are elevated though, these estrogens lock up estrogen receptor sites preventing the formation of cancer, and other dangerous side effects of estrogens. Phytoestrogens may also provide some protection against synthetic estrogens, known as xenoestrogens, including dioxin, DDT, and PCB's.

Bioflavonoids are best known for their synergistic effect with vitamin C though like phytoestrogens, bioflavonoids have the ability to block excessive estrogens, and protect the body from cancer.

Ingredients:

Prepared rehmannia root- Used in Chinese medicine to alleviate night sweats (hot flashes), palpitations, insomnia, constipation, menstrual irregularities, and to lower cholesterol.

Vitex (chaste tree berry)- Stimulates the pituitary gland resulting in an increased level of progesterone. Source of bioflavonoids.

Black cohosh- Historically used to balance hormones and control hot flashes.

Huang bai (phellodendron)- Used in Chinese medicine for night sweats.

Motherwort- Used to control hot flashes, heart palpitations, and to calm the nerves.

Hu zhang (Knotweed Rhizome)- Very rich source of phytoestrogens and resveratrol.

Zhi mu (anemarrhena)- Used in Chinese medicine for night sweats.

Wild yam- Contains diosgenin, which has weak progesteorone-like activity. Wild yam also strengthens the adrenal glands, which assists with hormone balance.

Ge gen (kudzu)- Source of phytoestrogens, strengthens the heart, may assist with hormonal migraines.

Red clover— Contains 4 phytoestrogens, including the same 2 found in soy. Helps regulate hormone balance and protect the body from cancer and other side effects of estrogen dominance.

Alfalfa- The richest source of phytoestrogens. Excellent source of nutrients, including calcium and trace minerals. Nourishes the pituitary gland, which aids I hormone balance.

Suan zao ren (jujube date seed)- Used in Chinese medicine for night sweats, anxiety, insomnia, and palpitations.

Chinese licorice root- High in phytoestrogens. Supports and nourishes the adrenal glands. More calming than the American variety.

Sargasso seaweed- Contains phytoestrogens and B vitamins, which help support proper hormone balance. Supports and nourishes the thyroid, adrenal and pituitary glands. Rich in calcium and trace minerals needed for bone formation and strength.

Boron- Strengthens bones and has been shown to prevent bone loss in the absence of estrogen replacement therapy. Has a beneficial effect on hormone balance.

Natural Peach-Mango Flavoring

Recommended use is 1/2 teaspoon of the powder 3 times daily on an empty stomach at least 20 minutes before meals. The powder can be mixed in juice, water, or unsweetened applesauce, or may be placed under the tongue and washed down with water.

**En-Vision Formula**

Sight is a sense that we rely very heavily on. Though it is also one of the easiest senses to lose. Visual loss can occur for many reasons such as optic nerve damage, infection, glaucoma, cataracts, eye trauma, vitamin deficiencies, etc.

Most visual problems are treated with glasses or contacts. Though many question whether this is the proper way to treat such problems. The problem is that glasses and contacts force the eyes to focus with these objects. In order to do this the muscles in the eye must pull on the globe of the eye to force it in to a shape that will allow the eye to focus with the eyeglasses or contacts. This creates a problem. This strengthens the eye muscles that are needed to focus the vision with the glasses or contacts, at the expense of other eye muscles. So the stronger eye muscles keep the globe of the eye pulled in one direction creating a dependence on the glasses or contacts to see. Gradually the vision continues to weaken and stronger eye glass or contact prescriptions become necessary.

Another way to look at this problem is that experts recommend that if you do a lot of reading or computer work that you should look up and off in to the distance frequently. Otherwise only the muscles for focusing up close get strengthened and other eye muscles weaken. When this occurs the muscles in the eye can contract even when you are not looking at things up close. The muscles in the eye are so strong that are trying to force the eye in to a shape to focus up close, and ability to focus on objects far away becomes more difficult. Because of this it is recommended that people who are trying to improve their vision either not wear their glasses whenever possible, or wear weaker prescriptions whenever they can. This helps to strengthen the weaker muscles in the eye as they fight to regain focus of the eye. Stress also affects vision for a similar reason. When we are under stress the muscles in the eye pull the globe out of shape leading to a distortion of the vision.

Here is a brief description of a few of the more common eye problems:

Astigmatism- An abnormal curvature of the cornea of the eye, which leads to a

greater magnification in some areas of the eye than in others.

Macular degeneration- A breakdown of the blood vessels in the back portion of the eye, known as the macula. The macula is the portion of the eye where the light coming through the lens of the eye focuses. The broken blood vessels are replaced with scar tissue, which interferes with the ability of the eye to interpret the light entering the eye that is the basis for our sight.

Night blindness- A loss of the ability to see well in lower light levels. This can occur from a lack of vitamin A or zinc, lack of rhodopsin in the rods of the eye, retinitis pigmentosa, macular degeneration, cataracts, and optic nerve damage. Genetics and pharmaceutical medications have also been implicated as causes in some cases of night blindness.

Xerophthalmia (photophobia)- This is sort of the opposite of night blindness. In this case the eyes are extremely light sensitive. Tear production is also reduced, preventing the eyes from receiving proper lubrication. This in turn can cause ulcerations and infections of the eyes. Vitamin A deficiency is one known cause. Some pharmaceutical drugs are also known for their ability to increase light sensitivity of the eyes.

Glaucoma- This is generally defined as an abnormally high pressure within the eye. Though glaucoma may also occur without the increased pressure. A rise of pressure within the eye can lead to damage of blood vessels within the eye. There is optic nerve degeneration in glaucoma whether or not the internal pressure of the eye is elevated. There are different forms of glaucoma with different causes. A few of the causes are genetics, pharmaceutical drugs; such as antihistamines and decongestants, eye infections, scar tissue between the iris and the cornea, eye trauma, eye tumors, and blockage of the drainage system for the aqueous humor within the eyeballs. Age, race, diabetes, the use of pharmaceutical steroids, previous eye surgery, eye infections, and genetics all play a role in the risk of developing glaucoma.

Cataracts- These occur from changes of the protein structure within the lens of the eye. The results are an opaque clouding of the lens, decreasing the ability to see properly.

Free radical damage is considered by some to be the main cause for the development of cataracts. A few other known causes are eye trauma, the use of steroidal medications, chemical exposure, radiation exposure; including sunlight, and certain genetic conditions. Diabetes also increases the risk of developing cataracts.

Historical uses of ingredients:

Juniper berry- Used to strengthen the optic nerve, improve night vision, lower blood sugar in diabetics, and to strengthen the adrenal glands, which prevents stress induced visual problems. Vitamin C, bioflavonoids, and sulfur in juniper berries may help macular degeneration and diabetic retinopathy by strengthening the blood vessels in the eyes. Gallotannins, found in juniper berries are strong antioxidants to quench free radicals.

Schisandra berries- Used in Chinese medicine to treat astigmatism, eye fatigue, night blindness, to improve peripheral vision and eye adaptation to the dark, and to strengthen the adrenal glands. Vitamin C and bioflavonoids in the schisandra berries may help prevent macular degeneration and diabetic retinopathy.

Bilberry extract- Used to increase rhodopsin to assist with night blindness. The vitamin C and bioflavonoids in the berries may help with preventing macular degeneration and diabetic retinopathy.

Lycii berry- Used in Chinese medicine to treat various visual problems, especially night blindness.

Eyebright- Contains a bioflavonoid that strengthens the blood vessels in the back of the eye.

Amla berries- Used to treat glaucoma by reducing pressure within the eye. Contains vitamin C and bioflavonoids, which strengthen the blood vessels in the eye. Prevents free radical damage.

Dandelion leaf- Great source of the antioxidant vitamins A and E, which prevent free radical damage. Vitamin A is essential for proper vision and health of membranes.

Shi jue ming- Used in Chinese medicine to treat a variety of eye problems, including cataracts.

EPA/DHA- Naturally occurring fatty acids. They are particularly important for proper retinal function, and have been found to decrease the risk of macular degeneration. Also important for the structure and function of the nervous system, including the optic nerve. Increases rhodopsin levels in the rods of the eye.

Stevia- A good source of chromium, which helps in the regulation of blood sugar, which may help prevent diabetic cataracts.

Silica- Improves nerve function, such as the optic nerve. Improves the strength of the blood vessels in the eyes.

Zinc- Necessary to move vitamin A from the liver to the retina.

Recommended use is 1/2 teaspoon of the powder 3 times daily on an empty stomach at least 20 minutes before meals. The powder can be mixed in juice, water, or unsweetened applesauce, or may be placed under the tongue and washed down with water.

**Cardio-Vascular**

The heart is in a constant state of motion, helping to circulate blood containing oxygen and other nutrients through the vascular system to all of the tissues throughout the body, and to remove toxins. Defects or disorders in any part of the heart or vascular system may quickly lead to tissue damage or death.

Cholesterol levels have long been believed to be the primary factor indicating the risk of heart disease. Though this is not the only factor since arteriosclerosis can still form when cholesterol levels are low, and may not form even if cholesterol levels are excessively high. The key to arterial plaque formation is actually inflammation of the arterial walls. When the arterial walls become inflamed cholesterol deposits over the damaged area to as “patchwork” to help heal the injured area. If the source of inflammation is not eliminated the cholesterol continues to deposit leading to narrowing and possible blockage of the arteries. Some factors that lead to arterial inflammation include bacterial infection, high blood pressure, high homocysteine levels, free radical damage, and elevated insulin levels from poor diet, Type II Diabetes, and insulin therapy.

Evidence is quickly gaining that hypothyroidism (low Thyroid) may be the strongest factor raising the risk of heart disease. The heart muscle contains receptors for, and therefore is influenced by, thyroid hormones. For example, the thyroid hormone Triiodothyronine (T3) improves heart pumping and slightly increases heart rate while improving circulation by reducing vascular resistance. The increased risk of heart disease from hypothyroidism is believed to be in part due to a decreased break down of cholesterols and triglycerides. Low thyroid function also inhibits the enzyme methyltetrahydrofolate reductase (MTHFR) that is required for the remethylation, and therefore reduction, of the inflammatory compound homocysteine. Hypothyroidism also decreases levels of high-density lipoproteins (HDLs), also know as “good cholesterol” because they lower levels of harmful low-density lipoproteins (LDLs).

Another major factor increasing the risk of heart disease is high insulin levels. Excessive insulin levels damage blood vessels, including arteries, leading to inflammation or destruction of blood vessels. Insulin damage is most often seen in diabetics where insulin

damage leads to loss of vision (retinopathy), kidney disease (nephropathy), gangrene, and heart disease. Insulin levels may rise excessively with the ingestion of large amounts of carbohydrates, and when a person is under mental stress. Mental stress leads to an increased release of cortisol, which in turn releases stored glycogen from the liver leading to increased blood sugar levels. In turn, more insulin is released to lower the elevated blood sugar.

Mental stress can contribute to heart disease through several mechanisms. Mental stress decreases levels of thyroid stimulating hormone (TSH), leading to decreased production of the thyroid hormones T3 and T4 (thyroxin). Chronic stress can overexert the adrenal glands leading to a decrease of cortisol. Cortisol is required to convert T4 into the more biologically active T3. Decreased cortisol levels further aggravate arteriosclerosis by increasing inflammation, and increasing stress responses.

In addition, stress increases the risk of heart disease by increasing epinephrine (adrenaline) release, which in turn constricts blood vessels while increasing heart rate and force. This increased pressure on the arteries damages arterial leading to inflammation of the arteries and finally plaque build up on the walls.

Hawthorn Berry- Strengthens the heart and lowers blood pressure. Bioflavonoids in the berries strengthen blood vessel walls, and have antioxidant activity.

Apple Fiber- Contains soluble and insoluble fibers that lower cholesterol. Binds to heavy metals, which contribute to heart disease, and pulls them from the body.

Bamboo- Rich in silica, which strengthens blood vessel walls and reduces arterial inflammation preventing arterial plaque build up. Strengthens the heart muscle.

Jiaogulan- Seven times higher in sterols than Ginseng. Sterols dilate blood vessels to lower blood pressure and reduce inflammation of arterial walls. Sterols strongly bind to cholesterol to aid in its elimination and blocking cholesterol reabsorption.

Coleus Forskohlii- Increases levels of cyclic adenosine monophosphate (cAMP), a

chemical regulator for the body. Increased levels or cAMP stimulate the nitric oxide pathway thereby dilating blood, which lowers blood pressure. In addition, cAMP increases adenosine triphosphate (ATP) levels, as does CoQ10, which strengthens the heart muscle. Forskohlii reduces inflammation to reduce the risk of arterial plaque build up and has a regulating effect on the thyroid.

Arjuna- Medical studies from India show that Arjuna is extremely effective for the treatment and prevention of angina, congestive heart failure, and heart attack. Arjuna strengthens the heart muscle and blood vessel walls. Arjuna has antibiotic properties, which can help prevent bacterial induced arterial plaque formation.

Magnesium malate- Magnesium works similarly to pharmaceutical calcium channel blockers used to lower the blood pressure. By displacing calcium in the nerve synapse magnesium relaxes blood vessels, thereby lowering blood pressure. Magnesium also improves the pumping of the heart by increasing coronary blood flow. By displacing calcium in the arterial plaque magnesium softens the plaque making it easier for removal by the body. Malate refers to malic acid, which is a precursor for the production of ATP. ATP helps normalize heart cell function.

Dan Shen- Dan shen slows the heart, and strengthens heart contractions by increasing coronary blood flow. Increased coronary blood flow also helps to correct irregular heartbeat. Dan shen has been shown in studies to help prevent the damage to heart and brain tissues that normally occurs after heart attack or strokes. Dan shen dissolves blood clots and prevents the formation of new ones. Dan shen lowers cholesterol and triglyceride levels. Dan shen prevents oxidative damage to nerve cells in the heart and brain.

Bupleurum- Bupleurum has a tonic effect on the heart and lungs, which improves circulation and respiration. Bupleurum prevents edema, which is often associated with congestive heart failure. Bupleurum reduces inflammation, which helps prevent arterial plaque formation. Bupleurum also contains the flavonoid rutin that strengthens blood vessel walls.

Amla- Nature’s richest source of stable vitamin C and is high in antioxidant bioflavonoids and polyphenols. Amla strengthens blood vessel walls and helps improve thyroid function through support of the adrenal glands. Amla significantly increases levels of superoxide dismutase, which reduces arterial inflammation and protects the cells from oxidative injury. The antibiotic and immune stimulatory properties may help prevent bacterial induced plaque formation.

Fo-Ti (He Shou Wu)- Helps to balance the endocrine system and remove plaque from arterial walls.

Zizyphus seed- Source of cAMP, and stimulates cAMP production, which lowers blood pressure and strengthens the heart muscle by increasing levels of ATP.

Chromium- Helps to maintain proper blood sugar balance, which helps lower triglycerides and helps prevent insulin induced arterial damage.

Zinc- Used in the formation of the antioxidant and anti-inflammatory enzyme superoxide dismutase (SOD).

Sargasso Seaweed- Provides vitamins, minerals, and electrolytes to support the heart and endocrine system. Helps to maintain healthy blood vessels and lower blood pressure. Algins in seaweed bind to heavy metals to chelate these metals from the body. Seaweeds help maintain proper elasticity of arterial walls.

Potassium- Helps with proper heart function and helps lower blood pressure.

Recommended use is 1/2 teaspoon of the powder 3 times daily on an empty stomach at least 20 minutes before meals. The powder can be mixed in juice, water, or unsweetened applesauce, or may be placed under the tongue and washed down with water.

**Cancer Formula**

Cancer is an uncontrolled division of cells with specific genetic changes making them malignant. There are conditions where cells can develop uncontrolled growth without malignant changes such as benign tumors and psoriasis.

A common myth is that everyone has malignant cells. Though as stated above not all cellular overgrowths are malignant. If it were true that everyone had malignant cells then we would all be in serious trouble since the immune system has an extremely difficult time detecting and destroying malignant cells.

Another common myth is that malignant cells can survive in the absence of oxygen. In reality, malignant cells are highly reliant on oxygen for survival and die in the absence of oxygen. In fact, both healthy cells and malignant cells rely on both anaerobic glycolysis and oxidative phosphorylation for energy production. The main difference here is that malignant cells have a very irregular vascular development reducing their utilization of oxygen by oxidative phosphorylation somewhat.

It was long believed that malignant cells were completely anaerobic and that they produced lactic acid as a byproduct of fermentation. These hypotheses have since been disproven. As pointed out previously malignant cells rely on oxygen for survival. And in the process of energy production they produce the non-acidic salt of lactic acid known as lactate. The extracellular acidity of malignant tumors comes from the acidic protons exported by cancer cells to protect themselves from the acidity that would kill them.

The most common triggers for malignancies are microbes, especially viruses. Bacterial and fungal-based malignancies are less common. Other common causes of malignancies include carcinogens including chemotherapy drugs, radiation exposure including radiation therapy, and hormones, especially xenoestrogens (herbicides, pesticides, some plastics, dioxins from paper mills, etc.) and estrogen replacement therapy. Parasitical infections may cause some cancers though these forms of cancer are extremely rare. Human genetics are believed to play a role in the development of some cancers, though the evidence for this hypothesis is very weak. Many of the so-

called oncogenes (cancer genes) have actually been discovered to be of viral, not human, origin. By inserting their DNA in to healthy cells the viruses change the chemistry of the cell, and stimulate the overproduction of cellular division hormones.

Many herbs have antitumor effects through different mechanisms.

Chaparral prevents the cellular division of malignant cells, and is a strong antiviral, antibacterial and antifungal agent. Chaparral boosts the immune system by raising vitamin C levels in the adrenal glands and is the strongest natural antioxidant known.

Pau d' arco (lapacho, ipe roxo, tabuei, taheebo) is another excellent anticancer, antiviral, antibacterial, and antifungal herb, though it is more suited for leukemias and lymphomas. Combining chaparral and pau d' arco together increases the antiviral effect of the pau d' arco.

Myrrh kills viruses, bacteria, and fungi. Myrrh also stimulates white blood cell activity due to the polysaccharides in the herb and blocks the spread of malignant cells by blocking the enzyme hyaluronidase.

Poke root is another very important herb for the treatment of cancer, though it should be used with caution since it can be toxic. Poke root contains a protein called PAF (poke activating factor) that is structurally similar to interferon. Though unlike interferons PAF is not tissue specific. In other words interferons only work for the same tissues they were derived from, which is why interferon therapy rarely works. Since PAF is not tissue specific it will have an interferon-like effect on all tissues. I like to combine amla berries with the poke root for a synergistic effect.

Amla berry is rich in stable vitamin C. Vitamin C supports the immune system through the adrenal glands and the thymus gland. Vitamin C is also required for the activation of white blood cells. Amla destroys viruses, bacteria, and fungi, all of which have been linked to the formation of cancers. The synergy between amla and poke occurs because amla increases the levels of an enzyme, known as superoxide dismutase (SOD) about 80%. SOD responds to the presence of interferons, or in this case PAF, by producing hydrogen peroxide, which activates white blood cells including natural killer (NK) cells

that destroy detectable malignant cells and destroys some oncogenic microbes.

Nettle leaves remove lactate from the body so it is not converted back in to glucose through the Cori cycle.

Juniper berries contain an insulin-like compound that lowers the blood sugar. Therefore both nettle leaves and juniper berries help to starve the cancer cells.

Various mushrooms have shown strong antitumor properties including maitake, shiitake, reishi, oyster, agaricus, black fungus, enoki, and artist's conk. My personal favorites are the mushrooms turkey tails and chagas. Turkey tails contain two separate polysaccharides, polysaccharides K and P that stimulate white blood cell activity. Turkey tails contain the highest level of organic germanium of all the mushrooms. Organic germanium helps the cells to utilize oxygen and been demonstrated to be highly antitumor. Chagas are not well known, but in my opinion this black conk mushroom has the strongest antitumor properties of all the mushrooms. Chagas not only contain immune stimulating polysaccharides, but also contains high levels of betulinic acid, another compound shown to have extremely high antiviral and antitumor activity.

Suma is the highest herbal source of organic germanium. Suma also supports immunity through the adrenal glands.

Several other herbs that are not well known, thought that have shown strong antitumor activity, are andrographis and jiaogulan. I also highly recommend turmeric, which has been shown to stop cancer growth through various mechanisms.

Recommended minerals are 50mg zinc daily, 200mcg selenium three times daily, and 40mg organic germanium three times daily all with meals. When using germanium make sure that it is organic germanium (Bis betacarboxyethylgermanium sesquioxide), and not elemental germanium or germanium dioxide, both of which are highly toxic to the kidneys.

For supplemental vitamins I recommend 1,000mg of vitamin C with bioflavonoids 3 times daily with meals. Amla berry is the preferred source of vitamin C since the vitamin C in

amla is stabilized by the polyphenols in the berries, and it is 12 times stronger than synthetic vitamin C. Most of the vitamin C on the market is synthesized from sugar, and is not very stable and therefore breaks down fairly quickly.

**Ozone therapy** is the most effective, and one of the safest, therapies I have found for cancer. Ozone works through several mechanisms:

1. Direct destruction of malignant cells from peroxide overload. Unlike healthy cells cancerous tumors lack the antioxidant enzymes (catalase, peroxidases and superoxide dismutase) needed to break down peroxides. Since malignant cells cannot break down peroxides the high levels of hydrogen and lipid peroxides produced during ozone therapy swell the malignant cells until they burst apart. Healthy cells use their antioxidant enzymes to break these peroxides down in to water and oxygen and therefore are not harmed by therapeutic levels of ozone. In one German study malignant tumors directly injected with ozone were completely destroyed within 5 minutes with no damage to surrounding healthy tissues.
2. Destruction of malignancy forming microbes, xenoestrogens and many other carcinogens.
3. Removal of lactate.
4. Stimulation of the immune system by increasing levels of interferons, interleukins, tumor necrosis factor (TNF), peroxides and superoxide dismutase. All of these stimulate white blood cell activity helping to support proper immunity.

For further information I recommend reading The Use of Ozone in Medicine (highly technical, written for doctors), or Oxygen Healing Therapies. Ozone can be harmful if administered improperly. Only minute concentrations can be used internally, and it must be produced with pure oxygen for internal use. In addition it is recommended that only cold corona ozone generators be used for internal use, and never a hot corona or ultraviolet (UV) unit. Hot corona and UV units are for external use only. I have seen some units being sold as cold corona units that were actually hot corona, so it is important to learn how to tell the difference and to buy from a reputable company.

Cancer patients should eliminate sugars from their diets as much as possible. Sugars

suppress white blood cell activity and elevated blood sugar can promote malignant growth. Farm raised meats and dairy should be avoided because of hormones and antibiotics in these products and because of the formaldehyde found in homogenized milk. Aspartame (Equal, Nutrasweet) should be avoided because aspartame breaks down quickly under body heat and other heat sources releasing highly toxic methanol. Methanol then metabolizes into formic acid, an organ irritant, and strongly carcinogenic formaldehyde. Peanuts should be avoided since they tend to contain high levels of aflatoxins produced from a fungus known as Aspergillus niger. Aflatoxins are well known for causing liver malignancies in immunosuppressed people.

The diet should consist primarily of vegetables, especially those in the cabbage family, which contain antitumor compounds. Seeds are also beneficial because they contain antiviral protease inhibitors.

I recommend drinking plenty of spring water, not distilled or reverse osmosis (RO) water. Distilled and RO water are very solvent and therefore can pull beneficial minerals from the body. If you are going to use distilled or RO water I recommend adding trace mineral drops or silica to the water first so it loses some of its solvency. Spring water is less solvent and provides beneficial minerals. As an alternative to water I recommend rooibos (red tea, honey bush), which is rich in an immune stimulating compound similar to superoxide dismutase. Rooibos is also low in tannins and therefore will not interfere with the absorption of medications, herbs or nutrients like green tea and other high tannin sources can.

**Cancer Formula list of herbs to mix:**

- Chaparral - 3 Parts
- Pau d' arco - 2 Parts
- Red clover blossom - 2 Parts
- Jiaogulan - 2 Parts
- Andrographis - 2 Parts
- Turmeric - 2 Parts
- Amla - 2 Parts

- Nettle leaf - 2 Parts
- Dulse - 2 Parts
- Myrrh - 1 Part
- Licorice root - 1 Part
- Poke root - 1 Part
- Juniper berry - 1 Part

All of these herbs should be blended together thoroughly to make the formula. The recommended dosage is 1/2 teaspoon taken 3 times daily on an empty stomach a minimum of 30 minutes before eating a meal. The formula can be mixed in a small amount of unsweetened cinnamon applesauce to make it more palatable.

**Gammas of Ozone Machine**

-LPM 1/8 or 1/16

-Dial 3

-33 gamma

The ideal is 1/10 of Oxygen LPM, the dial can vary, and the gamma is the important thing, it has to be 20-35 ug/ml. For infection (such as an ear infection) the recommended dose is 70-90 ug/ml.

Starting out you will only be able to tolerate maybe 5 minutes or so if doing rectal insufflation. The oxidation of pathogens in the gut will lead to a lot of bloating in the first few treatments. After 3 treatments or so then the treatments can be extended. Usually I recommend 20 minutes 3 times daily for severe conditions.

**I generally go with 1/10 LPM flow rate since any lower increases the change of the catheter getting plugged by waste.**

**Lymphatic System & Cyst**

**Lymphatic cleansing herbs**

The best ones are Red root (New Jersey tea) and Chickweed. Mullein leaf and Ocotillo bark are also good options.

**Liver cleansing**

Bitters to cleanse the liver

**Adrenal glands support and hormone balance**

Suma, Wild yam and Licorice root

**Maintaining proper hormone levels**

The minerals boron and zinc, and B vitamins + phytoestrogen based foods

Chickweed is the most effective of these herbs for breast cysts. I recommend 3 capsules 3 times daily, with 2 capsules three times daily of the red clover blossom and one each of the yucca root and boswellia three times daily. All on an empty stomach at least 20 minutes before meals.

Cysts are partially believed to occur from poor lymphatic function, which is why lymphatic herbs such as chickweed are used.  Red root (New Jersey tea, Ceanothus), ocotillo bark or mullein leaf are also good. Cysts can also occur from tissue irritation. For breast cysts I recommend focusing primarily on the lymphatic system, seaweeds for iodine and hormone support and avoiding caffeine.

**Auto-Immunity**

Autoimmune disorders are a symptom of adrenal dysfunction. The adrenal glands produce, among other things, steroids that modulate the immune response and reduce inflammation in the body. Though doctors tell us that autoimmune disorders are caused from an overactive immune system, this is obviously untrue.

The easiest piece of evidence to prove this is the fact that things that suppress the immune system make autoimmune disorders worse. Ever notice how stress makes autoimmune symptoms worse? So does caffeine, ephedrine, nicotine, and steroids. Yes, steroids make the underlying condition worse. Steroids do reduce the symptoms of autoimmune disorders, such as inflammation in RA and weakness in MS.

The reason they reduce the symptoms is because the steroids are anti-inflammatory and they suppress immune function to the point an immune response cannot be mounted. Though, this is a real stupid way to treat an autoimmune disorder since wiping out the immune system leaves a person open to many other illnesses, such as cancer. The steroid Prednisone also creates other adverse effects, such as osteoporosis. And what happens when you try to come off of the steroids? You will have a severe rebound reaction with increased autoimmune symptoms. Why? Because steroids DO NOT cure autoimmune disorders. And steroids, like stimulants, and stress atrophy the adrenal glands reducing the output of the body's own anti-inflammatories and immune modulators.

Although both are steroids, the real difference lies in the concentration. The body generates steroids in small amounts as needed. The long term substitute of high dose, stronger steroids, leads to a shut down of the production of corticosteroids by the adrenal glands, and a dependence on external sources of steroids as seen by the exacerbation of symptoms with Prednisone withdrawal. Immune modulation by the adrenals allows the body to produce normal high affinity antibodies. High affinity antibodies are specific to their target, allowing them to tag only foreign antigens for destruction by white blood cells. But this is where we run in to another common medical myth. We are taught in conventional medicine that all antibodies are specific to their target. This is obviously untrue since the body does not go out of its way to destroy its own tissues.

To understand this process we can look at the production of monoclonal antibodies for disease research. To manufacture monoclonals they start with a serum sample, in which an antigen target is added. Various antibodies, both specific and nonspecific, attach to these antigen targets. The antigen target is then removed and placed in a solution of weak sodium sulfate, which removes the nonspecific low affinity antibodies. These are the same types of antibodies involved in autoimmunity, and that make HIV and hepatitis virus antigen tests inaccurate. The target is then added to a slightly stronger solution to remove the slightly more specific antibodies. This is repeated several times until only the high affinity antibodies, which are specific to their target, are left.

These specific antibodies are then used to manufacture monoclonal antibodies. So as we can see antibodies to the same target can differ in their specificity to their intended antigen. Another example to this would be the connective tissue disorders in women with silicone breast implants. The manufacturers claim that the silicone is inert in the body. Although this claim has been proven to be false. Anti-silicone antibodies have been found in response to both liquid silicone, and solid silicone. Solid silicone is used in the manufacture of silicone drainage tubes and the encapsulation bags for implants. Anyway low affinity antibodies developed in response to the silicone mistake collagen in human connective tissue for the intended target silicone because of the shared similar structure of silica in silicone and connective tissue.

Treatment of autoimmune disorders should start with building up the adrenal glands to properly regulate the immune response. **Vitamin C** is the most important nutrient for proper adrenal health, though I do not like synthetic vitamin C (ascorbic acid), sold in powders, crystals, capsules, tablets, and liquids. Synthetic C is very unstable, especially if in liquid form, or if exposed to heat or light. Synthetic C is also less active than natural vitamin C. Amla berries are the highest source of vitamin C, and the most stable. My next choice would be camu camu, followed by acerola cherry. The next most important nutrient for the adrenal glands is the vitamin pantothenic acid.

The highest herbal source for this vitamin is bee pollen. Be careful though if you are allergy prone. Herbs that support adrenal function include schisandra berries (my favorite), ashwaganda, nettle leaf, Siberian ginseng (cijuwa, eleuthro), seaweeds, suma, licorice root

(also a natural steroid so use in small doses), Arctic root, and astragalus.

Remember to avoid all stimulants, and try to keep your stress levels down as much as possible. And steroids cannot be cut off cold turkey. They must be gradually reduced. Licorice root actually increases the effects of Prednisone and reduces its excretion. Therefore, when using licorice root Prednisone dosage may need to be reduced. Discuss reducing your Prednisone dosage with your doctor if using licorice root while taking Prednisone. What triggers autoimmunity is not always certain. Although microbes have been implicated, or suspected, in many cases.

**Examples of Autoimmune disorder & Suspected or known triggers**

**-Juvenile diabetes:** Coxsackie virus, rubella, Cytomegalovirus. Also linked to vaccines utilizing live viruses including DPT, MMR, rotavirus, and hepatitis vaccines.

**-Multiple sclerosis:** Human herpes virus type 6 (HHV6)

**-Rheumatoid arthritis and reactive arthritis (Reiter's Syndrome):** Chlamydia bacteria, Epstein-Barr virus (EBV), gonorrheal bacteria, salmonella, Mycobacterium, enterobacteria, shigella bacteria, campylobacter bacteria

**-Crohn's disease:** Myco avian complex (MAC) bacterium

**-Ulcerative colitis:** Mycobacterium.

**-Lupus:** EBV

**-Sjorgren's syndrome:** Hepatitis viruses, Coxsackie virus, and EBV

**-Hashimoto's thyroidosis:** EBV, hepatitis C virus (HCV) and human T-cell leukemia virus type 1

**-Myasthenia gravis:** HCV, and possibly other viruses Therefore, antimicrobials are

recommended in the treatment of autoimmune disorders as well. Excellent antimicrobials that kill viruses, bacteria, and fungi include andrographis, chaparral, pau d' arco, and amla.

**What to take for autoimmune disorders ?**

Therefore, antimicrobials are recommended in the treatment of autoimmune disorders as well. Excellent antimicrobials that kill viruses, bacteria, and fungi include **andrographis, chaparral, pau d’ arco, and amla.**

**Water**

Clean water is where to start with what goes into your body. Try and get it in glass bottles. Some people have Mountain Valley Spring Water delivered in 5 gallon glass bottles. They deliver many places across the USA. You can also filter your own. If you use Reverse osmosis (with UV filter is also good) or distilled, be sure to add a pinch of sea salt to add minerals back in. Some people have a whole house water filtration system for kitchen and bath use, which uses a bimetal KDF copper zinc filter combined with a huge activated carbon filter. There are many good ones out there, we do not recommend any brand in particular.

**Top 6 books about natural medicinal herbs**

1 - The Little Herb Encyclopedia by Jack Ritchason.
2 - The Herb Book by John Lust.
3 - The Complete German Commission E Monographs: Therapeutic Guide to Herbal Medicines
4 - A Field Guide to Edible Wild Plants: Eastern and central North America (Peterson Field Guides)
5 - PDR for Herbal Medicines
6 - The Encyclopedia of Natural Medicine by Murray/Pizzorno or any other books by Michael Murray

Also visit herbalgram.org for more information about herbs.

**Acne**

It is definitely hormonal from the excess androgens testosterone and progesterone. But they build up to excess levels when the liver is not doing a proper job of breaking down the excess hormones.

**Use bitters, B vitamins and zinc**

The most common cause of acne are excess hormones known as androgens. The liver is responsible in part for keeping androgen levels in check. So keeping the liver "clean" and functioning properly is a great start to preventing acne. The best way to do this is with herbs known as digestive bitters. As the name implies these herbs are very bitter tasting, and they do have to contact the tongue to work. When bitter substances come in to contact with the bitter receptors on the back of the tongue, they stimulate a nerve known as the vagus nerve.
This nerve in turn cleanses the liver so it can work more efficiently. It is important to drink plenty of water throughout the day when using bitters to keep from getting sick. And you do not need large amounts. A half a dropper full on the tongue 2 to 3 times daily is sufficient. It is very important to drink plenty of water throughout the day when using bitters.

B vitamins are also important for the detoxification of hormones. Natural sources are the best such as rice bran, oat bran, seaweeds, nutritional yeast and pollen.

Zinc is also essential for preventing acne. But again do not go overboard. The recommended dose is 50 mg daily with your largest meal. Zinc can make you nauseous if there is not enough food in your stomach.

Excess iodine can also cause acne because the iodine irritates and inflames the follicles. Dairy for example has been linked to acne because of the high level of iodine:

Cold water ginger extracts can help reduce scarring and acne. Ginger contains the strongest digestive enzymes in the herbal kingdom. So it can help exfoliate the upper layers of skin. It also stimulates circulation, reduces inflammation, and kills bacteria, including the bacteria involved with acne formation. The ginger needs to be mixed in cool

water and left to sit for a few days in the refrigerator to extract. Heat can damage the enzymes in ginger. After extracted a little rubbing alcohol can be added to keep the extract from molding. The extract can be applied to the face as a face wash several times a day and left on for a while to exfoliate the skin.

**For acne scar**

I prefer making a mixture of rice bran and ginger root powder. Then enough water is added to make a paste and the mix used as a facial scrub several times a day. The ginger provides strong digestive enzymes that help to exfoliate the skin. The rice bran acts as a mild abrasive exfoliant and provides silica and rice bran oil for the skin. Between the two this will help get rid of some of the upper layers of skin and stimulate new growth. It will take a while so you will have to be patient.

**Keloids & Scars**

It is possible for scar tissue to grow if the tissues contract and get torn due to this. Some skin types are also prone to keloiding.

Getting rid of scar tissue is not an easy task. It is actually easier to minimize scarring than it is to get rid of it once it has formed. In addition it is easier to address fresh scars than old scars. The basic reason is because the original injury is made of a different type of tissue, which is much softer. As the scar tissue ages it is replaced with a harder tissue.

Castor oil and cocoa butter are said to be good for scars. But I think internal treatments are a better choice. In this case I recommend fibrinolytics such as **dan shen (red sage root)** and ginger, or protease enzymes. All of these need to be taken on an empty stomach 3 to 4 times daily at least 30 minutes before meals. The longer before meals the better. All of these will help to break down the fibrinogen in the scar tissue.

Massage the hard scar for 2 min a day with castor oil.

**Eczema**

Take quercetin. This is a safe and natural antihistamine found in a number of plants. Commercial quercetin is derived from yellow onion skins. As it breaks down it forms another bioflavonoid called rutin, which helps to stabilize the blood vessels. Another nice feature of quercetin is that unlike pharmaceutical antihistamines quercetin is neither a stimulant, nor a sedative. If you use quercetin make sure to get the straight 500mg quercetin, NOT the QBC (quercetin, bromelain and vitamin C).

Topically I recommend making your own moisturizer by melting 4 ounces of cocoa butter or mango butter, then blend in two ounces of avocado oil. For extra help with healing the skin also blend in some tincture of blue chamomile (German chamomile) and/or calendula. Once cooled this will solidify and makes a great moisturizing cream.

Internally you need to work on your liver and your adrenals to get to the base of the problem. For the liver I recommend digestive bitters and other herbs such as schisandra, milk thistle and turmeric.

Eczema is partially an allergic-type reaction, and partially liver toxicity. Allergies result from adrenal dysfunction. The lack of antihistamine and antileukotriene epinephrine, and lack of anti-inflammatory and immune modulating corticosteroids prevents the body from properly dealing with allergens. Stress is one of the primary factors that will weaken the adrenal glands.

To address the adrenals I recommend nutritional support first. The most important nutrient for the adrenal glands is vitamin C. Synthetic vitamin C (ascorbic acid) commonly sold in stores though is very unstable and not very effective. You are better off getting your vitamin C from food and herbs. Best food sources include watercress, kiwis, and berries. Watercress is also good for allergies due to its antihistamine effects, and is also great for cleansing due to the high sulfur content. Herbal sources include amla berry, rosehips, nettle leaf and acerola cherry.

Adaptogenic herbs are also recommended to help support adrenal strength and function. My favorite adaptogens are jiaogulan, schisandra berry, licorice root, ashwagandha,

Siberian ginseng, and suma. Schisandra berry and Licorice Root are both also great liver tonic herbs.

The best way to cleanse the liver is with digestive bitters. These are bitter tasting herbs that when they come in to contact with the tongue they stimulate the bitter receptors. This in turn stimulates the vagus nerve, which causes the liver to flush. You only need to taste the bitters to work, so I recommend 1/2 dropper full on the tongue several times a week. Drink a lot of water throughout the day when using bitters. You can use an y bitter tasting herb such as bitter melon or dandelion leaves, or buy digestive bitters at any health food store. They are sold under names such as Grape Bitters, Ginger Bitters, and Swedish Bitters.

**Psoriasis**

Psoriasis is a chemical imbalance between 2 enzymatic regulators cyclic adenosine monophosphate (cAMP) and cyclic guanidine monophosphate (cGMP). Normally cAMP is dominant, but in psoriasis cGMP becomes dominant, and this increase of cAMP is responsible for the increased cellular division seen in psoriasis.

Levels of cAMP can be elevated with various herbs. My favorite choices are coleus forskohlii and zizyphus seed. To protect the breakdown of cAMP by a liver enzyme you can add yerba mate', watercress or nettle leaf with the forskohlii or zizyphus.

Other factors that can be involved in the formation of psoriasis include poor digestion, liver insufficiency, and nutritional deficiencies, especially omega 3 fatty acids, and antioxidants including vitamin A, zinc and selenium.

Digestion and liver problems can be assisted by the use of digestive bitters. Digestive bitters are bitter tasting herbs, usually sold in liquid form since they must come in to contact with the tongue to work. Bitters work by stimulating the bitter receptors on the back of the tongue. This in turn stimulates a nerve, known as the vagus nerve. This in turn increases the production of stomach acid, bile secretion and pancreatic enzyme secretion.

They also have a cleansing effect on the liver, and the bile increasing effects make it useful for dissolving cholesterol based gallstones. Since bitters do cleanse the liver it is important to drink a lot of water throughout the day when using them. You only need to taste bitters for them to work, so only small doses are needed.
Generally I recommend 1/2 dropper full 2 to 3 times daily, preferably before meals.

There are differences in structure between the omega 3 fatty acids found in fish oil and flax oil. Fish oils are more beneficial, though their intake must be kept limited due to the high levels of vitamin A also present. So I recommend omega 3 supplementation with both fish and flax oils. As for the antioxidants I recommend no more than 10,000IU of vitamin A, 50mg zinc, and 600 mcg selenium daily.

**Grey hair**

There are various factors involved such as heredity, thyroid function, B12 deficiencies, copper deficiencies, phenylalanine or tyrosine deficiencies, free radicals, autoimmunity, etc. So there really is no singular cause.

The pigment (melanin) of hair itself is generated by cells called melanocytes, which normally decrease output with age due to declining levels of melanocyte stem cells. As the levels decrease the hair appears gray, and when lost completely the hair appears white.

The various hair colors people have come from specific forms of melanin or mixtures of these. Melanin occurs in different forms. Eumelanin that appears dark brown or black and pheomelanin that creates the yellows and reds.

As far as stopping it there are some supplements and herbs that have been shown to help. My favorite is the Chinese herb fo ti, also known as he shou wu. This is considered a longevity herb in Chinese medicine and is attributed to the dark black hair so many elderly Chinese still have. It also has a supportive effect on the liver and kidneys. Other herbs that help include sage leaf and rosemary. All of these are taken internally, but I have also heard some people using the sage and rosemary topically as well as a hair rinse.

For supplements I recommend zinc with copper (50mg/2mg) and tyrosine, which also helps to support the thyroid. The zinc copper has to be taken with meals once a day. The tyrosine should be taken 3 times daily at least 30 minutes before meals. Recommended dose is 500-1000 mg three times daily.

**Skin care & Hair care**

For skin and hair I have a rule that is: don't put something on your skin that you would not eat it. Your skin absorb everything you put on it. So only use natural things in your skin and hair.

**For skin:**
Avoid pharmaceutical medication, industrialized foods, gluten, inflammatory foods like dairy and cheese.

I recommend a no soap approach. Don't use soap when you take a shower, use just water.

Don't use super hot water in your shower, use warm or cold water, hot water will damage the skin.

Decrease your shower time. Take a shower in 2 minutes or less if possible.

**For hair:**
Same tips for skin are also tips for the hair. Avoid pharmaceutical medication, industrialized foods, gluten, inflammatory foods like dairy and cheese.

Don't use shampoo or conditioner. Use just water to wash your hair.

If you really want some shampoo you can use this formula: dilute 2 spoons of apple cider vinegar on a cup of water, put in your hair for 30 seconds and rinse with water. Apple cider vinegar is also a very powerful hair conditioner. I don't recommend using this formula everyday in your hair, maybe at the start you can do it everyday, but the ideal is to use just water. Some people like to use coconut oil on their hair once every two weeks, that's fine, but it's not necessary.

**Dandruff**

Follow the tips above for hair care. Diluted apple cider vinegar can help to control the dandruff. But the best thing for dandruff is to have a clean diet and to just wash your head with water.

**Oily hair**

Follow the tips above for hair care. Oily hair is caused most of the time because you are using shampoo and removing the natural oil of the hair. Stop with the shampoo slowly. Use the diluted apple cider vinegar as a shampoo.

Since you lost a lot of natural oil with the shampoo, use coconut oil in your hair one time a week for 4 weeks. The coconut oil will help your hair to gain a natural oil. Wet your hair and put coconut oil on your hair. Leave it for an hour acting. Rinse with lukewarm water in the shower.

This process is slow, your hair is very conditioned with the shampoo, you will feel that you hair is strange in this process of not using shampoo. Be patient and give it some time. It will take 30 to 60 days for your hair to feel normal with no shampoo.

**Deodorant**

Avoid chemicals products. Use milk of magnesia as a deodorant or another natural product that you like.

**Hyperhidrosis**

Hyperhidrosis is when you sweat a lot, even when your body is not hot. Most areas of sweet are hands, feet and armpits. This happens due to a disturb in your nervous system.

You main herb for that problem will be a sage tea with lemon.

Sage tea recipe:

-Boil a liter of water, pour in two teaspoons of sage, leave for 5 minutes. Remove the sage with a strainer and let the tea cool.

-In a cup, put the sage tea and squeeze 10 drops of lemon or half a lemon.

-Drink a cup of sage tea three times daily before meals.

This tea has shown to be antimicrobial and anti-hidrotic (which means that it can help stop heavy perspiration). There are some reports that sage tea has blood sugar-lowering effects, but it should not be taken continuously. Drink one cup of sage tea once a day for 10 days only, then give it a 4 days break, and then try to drink it for another 10 days

Some people report having a benefit drinking Crataegus (regulates circulation and nervous system) tea everyday. Try this tea if sage tea doesn't work.

Cold showers everyday. Some people report benefits with this method.

Driclor is a product that you can find online. Driclor is not a natural product, but it could help you if you have an extreme case of hyperhidrosis in your armpits.

Since hyperhidrosis happens due to a disturb in your nervous system, doing something to calm you down and release past traumas is recommended.

Users have reported that Antihydral ointment appears to show good results against palmar and plantar hyperhidrosis when applied moderately and in accordance with the instruction manual.